Food of The World - Italy

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15-Minute Creamy Fettuccini Alfredo



Yield > 4

Keys : Pasta Dairy Egg Italian Italy European Mediterranean

Ingredients :

8	oz	cream cheese, cubed
3 / 4	cup	grated parmesan cheese
1	stk	butter, softened
1 / 2	cup	heavy cream
8	oz	fettuccine, cooked and drained
1 / 8	tsp	fresh grated nutmeg

Method :

- In a large saucepan, stir together the cream cheese, parmesan, butter, and cream. Heat, stirring, until smooth. Add hot, cooked fettuccini, and toss until well covered. Serve immediately, sprinkled with nutmeg.

24-Hour Italian Beef



Yield > 1

Keys : Meats Italian Italy European Mediterranean

Ingredients :

Method :

- Combine water, gravy mix and dressing mix. Pour over

5	lb	beef rump roast
2	cup	water
1	pkt	au jus gravy mix
1	pkt	Italian dressing mix

roast in crockpot. Cover and cook on LOW 12-15 hours. Remove roast and shred with 2 forks, forming strings. Cook on LOW setting an additional 10-12 hours.

4 Cheese Manicotti



Yield > 1

Keys : Pasta Vegetarian Low Calorie Fat Free Diet Italian Italy European Mediterranean

Ingredients :

12	x	Manicotti uncooked
		Pam
1/2	cup	onion finely chopped
3	x	garlic cloves minced
1	cup	mozzarella cheese shredded, *See note
1/2	cup	parmesan cheese freshly grated
1	tsp	italian seasoning
1/2	tsp	pepper
1	prt	nonfat ricotta cheese (15 oz) *See note
1	pkt	garden vegetable flavor light cream cheese (6 oz)
4	oz	light cream cheese *See note
1/2	pkt	frozen chopped spinach (10 oz.) thawed
		drained and squeezed dry
1	jar	tomato and herb pasta sauce

Method :

- Cook pasta according to package directions, omitting salt and fat: set aside.
- Coat a small nonstick skillet with cooking spray, and place over medium-high heat until hot. Add onion and garlic; saute 3 minutes.
- Remove from heat and set aside.
- Combine 1/2 cup mozzarella cheese, 1/4 cup parmesan cheese, and next 5 ingredients in a bowl; beat at medium speed until smooth. Stir in onion mixture and spinach.
- Spoon mozzarella cheese mixture into cooked manicotti about 1/3 cup per shell.
- Spread 1 cup sauce in bottom of 9x13 inch pan. Arrange stuffed manicottis and then spread remaining sauce on top. Sprinkle remaining mozzarella cheese and parmesan cheese; cover and bake for 40 minutes. Remove foil and bake for an additional 10 minutes or until cheese has browned.
- Serving size 2 manicotti (6 servings)
- *Note: I used nonfat cheeses as much as possible and had no ill affect on the recipe. In fact my SAD friends were clamouring for the recipe and did not believe me when I said it was lofat. Just goes to show you.
- (I just remade this recipe this evening for dinner and used a fatfree spaghetti sauce that I got from the HFS along with some homemade fatfree manicotti that I got from my local pasta market. It was fabulous, I think even better than

the original)

75-Minute Pizza Dough



Yield > 1 Servings

Keys : Italian Italian Season:Any Method: Baked Italy European Mediterranean

Ingredients :

1 1/2	**cup**	Warm water, about 105 degrees
1	**env**	rapid rise dry yeast
1	**tbl**	Granulated white sugar
2	**tbl**	Olive oil
4	**cup**	All purpose flour, plus extra as needed
1 1/2	**tsp**	Salt
		Vegetable oil, for oiling bowl

Method :

- Sometimes you don't have the time to let pizza dough rise at night, nor do you have the forethought to use the slow-rise process and start the dough rising in the morning (using only a fraction of the ordinary amount of yeast). For those occasions, try this especially fast recipe. By using rapid-rise yeast, a warm oven, warm water, and a little sugar, you can make a dough that will rise in only forty minutes. This means the entire
- process of making a pizza can be done in about seventy-five minutes from
- start to finish. Since convenience is the watchword here, all-purpose flour is used instead of bread flour. Although it does not have quite the tenderness or full flavor of dough made using the Master Recipe for Pizza Dough, this dough makes a very good pizza in very little time.
- 1. Set oven to 200 degrees for 10 minutes, then turn oven off.
- 2. Meanwhile, in bowl of food processor fifted with either metal or plastic blade, add water and sprinkle in yeast and sugar. Pulse twice to
- dissolve yeast. Add all remaining ingredients and process until mixture forms cohesive mass. Dough should not be sticky (if it is, add 2 more tablespoons flour and pulse briefly) nor should it be dry and crumbly (if it is, add 1 more tablespoon water and pulse briefly). Let rest for 2 minutes. Process for another 30seconds.
- 3. Remove dough from food processor and knead by hand on floured work surface for 1 minute or until dough is

smooth and satiny (dough will feel a bit tough at this point).

- 4. Very lightly oil large bowl with vegetable oil. Place dough in bowl (do not coat dough with oil) and cover with plastic wrap.Place in warm oven.
- Let rise for 40 minutes or until doubled.Remove from oven, punch down, remove from bowl, and separate into two round pieces. Let rest for 10 minutes under a damp dish towel, then shape, top, and bake in preheated 500-degree oven according to the following chart. Cook pizza an additional 2-3 minutes after adding cheese, or until cheese is completely melted.
- THIN CRUST 14-inch pizzas (recipe makes 2) 7 to 8 minutes 12-inch pizzas
- (recipe makes 4) 5 minutes 8-inch pizzas (recipe makes 8) 3 minutes
- MEDIUM-THICK CRUST 12-inch pizzas (recipe makes 2) 9 to 10 minutes 8-inch pizzas (recipe makes 4) 5 minutes 6-inch pizzas (recipe makes 8) 4 minutes
- Nationality: Italian Season:any Method: baked
- Start to Finish 1 1/2 hours Preparation a minute or less Attention 1 hour Finishing 15 minutes

90 Minute Bread



Yield > 2 Loaves

Keys : Breads Italian Italy European Mediterranean

Ingredients :

2	**cup**	Water
2	**pkt**	of dry yeast
1	**tsp**	Salt
1	**tbl**	Sugar
3	**tbl**	Corn oil
4 1/2	**cup**	Bread flour

Method :

- Pour water into bowl and sprinkle yeast over it. Sprinkle sugar and salt over yeast and wait until yeast bubbles and comes to the surface. Stir in oil. Add 4 cups of flour all at once. Mix with a wooden spoon until dough gathers together in a ball. Scrape down sides of bowl incorporating dough particles. If dough is sticky, add additional flour until it can be handled easily. Turn dough out into floured board and divide into two loaves. Shape each loaf and place into greased bread pans and cover with a wet dish towel. When bread has doubled in bulk, bake 375 degrees in preheated oven for 30-35 minutes until brown. Turn on to a rack to cool.

A 20-Minute Chicken Parmesan



Yield > 4

Keys : Poultry Cheese Italian Italy European Mediterranean

Ingredients :

4	**x**	Boneless and skinless chicken breast halve
1	**x**	Egg slightly beaten
1/2	**cup**	Seasoned bread crumbs
2	**tbl**	Butter or margarine
1 3/4	**cup**	Spaghetti sauce
1/2	**cup**	Shredded mozzarella cheese
1	**tbl**	Grated parmesan cheese
1/4	**cup**	Chopped fresh parsley

Method :

- Using palm of hand flatten chicken to even thickness. Dip chicken into egg then into crumbs to coat. In skillet over medium heat, in hot margarine, brown chicken on both sides. Add sauce. Reduce heat. Cover; simmer 10 minutes. Sprinkle with cheeses and parsley. Cover; simmer 5 minutes or until cheese melts.
- Makes 4 servings.

A Little Italian

Yield > 1 Servings

Keys : Italian Italy European Mediterranean

Ingredients :

2	tbl	Dried basil
2	tbl	Dried marjoram
2	tbl	Dried oregano
2	tbl	Ground coriander
2	tbl	Dried thyme
2	tbl	Dried rosemary
2	tbl	Dried savory
1	tsp	Hot red pepper flakes

Method :

- He says grind in food processor - I use my little coffee grinder. Store in a tightly sealed container. He says keeps well up to 3 months. I make bigger batches and it keeps well for up to 6 months. I give this as a Christmas present to lots of folks every year - and get rave reviews.

A Little Italian Seasoning

Yield > 1

Keys : Condiments Seasoning Vegetarian Vegan Low Calorie Fat Free Diet Italian Italy European Mediterranean

Ingredients :

2	tbl	dried basil
2	tbl	dried marjoram
2	tbl	dried oregano
2	tbl	ground coriander
2	tbl	dried thyme
2	tbl	dried rosemary
2	tbl	dried savory
1	tsp	hot red pepper flakes

Method :

- Use this herb and spice mixture in pasta sauces or with braised or roasted vegetables.
- MAKES A SCANT CUP
- In the bowl of a food processor, combine all the ingredients. Process for 30 seconds until finely ground. Transfer to a tightly sealed container, label. and date. Store in a cool dark place for up to 3 months.

A Trio of Pizzas Abm

Yield > 8 Servings

Keys : Main Dish Italian Italy European Mediterranean

Ingredients :

PESTO DOUGH		
2	tbl	Pesto Sauce
1 1/4	cup	Water, (or more if needed)
1/3	cup	Olive Oil
3	cup	Flour
1/2	cup	Cornmeal
1 1/2	tsp	Salt

Method :

- Place desired dough ingredients in machine and program for knead and first rise. Press start. Dough will be soft at first but become firmer. Preheat the oven to 500 F with the rack in the center position. Turn 17 x 11" pan upside down. Spray with vegetable cooking spray. Cut dough in half and cover remaining half with a clean towel. Place the other half on the prepared pan and use rolling pin to roll the dough evenly to the edge. Have a friend hold the pan or place a wet towel underneath. Spread with sauce and sprinkle with cheese. Bake for 8 to 10 minutes.
- Smith

1	tbl	Yeast
SUN-DRIED TOMATO DOUGH		
5	x	Oil-Packed Sun-Dried Tomatoes with Oil
2	tbl	Sun-Dried Tomato Paste
1 1/4	cup	Water, (or more)
1/3	cup	Olive Oil
3	cup	Flour
1/2	cup	Cornmeal
1 1/2	tsp	Salt
1	tbl	Yeast
GARLIC DOUGH		
2	tbl	Garlic Paste
1 1/4	cup	Water, (or more)
1/3	cup	Olive Oil
3	cup	Flour
1/2	cup	Cornmeal
1 1/2	tsp	Salt
1	tbl	Yeast
TOPPINGS		
		Pizza Sauce
1/2	cup	Parmigiano-Reggiano Cheese, grated

Aaronson Tiramisu



Yield > 10

Keys : Desserts Italian Italy European Mediterranean Cold

Ingredients :

8	x	egg yolks

Method :

- Beat the egg yolks with the sugar until light in color and the batter forms a `ribbon' when the beater is lifted and the

1 / 2	**cup**	sugar
3 / 4	**cup**	sugar
1 / 4	**cup**	Kailua
15	**oz**	mascarpone cheese
1 / 4	**cup**	rum
2	**cup**	heavy cream, whipped stiff
1 / 4	**cup**	Grand Marnier
		soaking mixture
2	**cup**	strong coffee
1	**x**	in Italian markets

batter doesn't `plop' off the beater but rather falls back on itself in a ribbon. Add the mascarpone, beating well and then the heavy cream. Put in the refrigerator. Soaking: Mix the coffee, sugar and liqueurs together until sugar is dissolved. Pour half of the mascarpone mixture into a large bowl. Dip 1 ladyfinger at a time into the coffee mixture until thoroughly moistened but not dripping. If you allow the ladyfingers to absorb too much of the coffee mixture, they will exude their liquid into the cream layer and the cream will be watery. Cover the entire surface of the cream layer with the dipped ladyfingers. Pour the remaining mascarpone mixture over the ladyfingers, smoothing with a spatula. Chop some bittersweet chocolate into medium/small chunks and sprinkle over the top of the dessert. Refrigerate for at least 8 hours, overnight is best. Serve cold.

- This is a truly decadent dessert.

About Arborir Rice

Yield > 1

Keys : Information Italian Italy European Mediterranean

Ingredients :

none

Method :

- What is Arborio? This rice is prized for its use in traditional risottos and paella recipes. As the rice is cooked and stirred, a creamy sauce forms around large, al dente grains, carrying and amplifying any flavor profile. This rice is recommended for use in risotto or paella recipes.
- What is Risotto? Risotto is actually an Italian cooking technique used for a native Italian rice, Arborio. This old world method involves stirring hot liquid little by little into the rice for about 20 minutes, which will create a dish unlike any other rice recipe you have tried. Risotto is prepared this way and served immediately to preserve the unique, gourmet texture of a very creamy sauce around al dente, pasta-like rice kernels.
- Never rinse this rice before cooking!
- While you may add the stock all at once and cook this rice as you would other rices, it will not have the smooth, creamy texture of risotto.

Acquacotta (Tuscan Soup)



Yield >	8

Keys : Rave Reviews Soups Stews Vegetarian Italian Italy European Mediterranean

Ingredients :

1	**oz**	dried porcini mushrooms
2	**med**	carrots cleaned and chopped
2	**lrg**	celery stalk chopped
1	**med**	red onion cleaned
1	**x**	clove garlic peeled
1 1/2	**lb**	fresh tomatoes or canned
1	**tbl**	tomato paste
		salt and pepper to taste
1	**pch**	red pepper flakes
2	**qt**	cold water
1/2	**cup**	egg beaters 99% egg substitute
8	**tbl**	parmesan cheese freshly grated
2	**cup**	croutons

Method :

- Soak the mushrooms in a bowl of lukewarm water for 1/2 hour to rehydrate.
- Drain the mushrooms (reserving the liquid), making sure that no sand remains attached to the stems.
- Finely chop carrots, celery, onion, garlic and the soaked mushrooms all together on a board.
- Heat the oil (or mushroom liquid) in a heavy casserole over medium heat.
- When the sauteing liquid is warm, add the chopped ingredients and saute for 10 minutes, stirring with a wooden spoon as needed.
- Meanwhile pass the tomatoes through a food mill, using the disk with the smallest holes, into a small bowl.
- Add the strained tomatoes, along with the tomato paste, then salt, pepper and red pepper flakes. Let simmer for 15 minutes, mixing every so often.
- Add the cold water, mix very well and, when the broth returns to a boil, let simmer for 55 minutes.
- Place the egg beaters (or two eggs) in a crockery or china soup tureen and mix them very well with the Parmigiano cheese.
- When the soup is ready, ladle it into the tureen, and using a wooden spoon, mix each addition very well with the egg-cheese combination in order to avoid curdling.

- When the broth is very smooth and the eggs completely amalgamated, add the
- croutons and serve immediately. (If using bread slices instead, place a slice in each bowl and ladle the broth over top. Serve immediately.)
- Serving Ideas : Use sourdough bread for the croutons or bread slices.
- NOTES : Becky's notes: Original recipe called for 1/2 c. olive oil and two large eggs. The oil was to saute the vegetables and mushrooms, but I used the broth from rehydrating the mushrooms. I also added the leftover mushroom liquid to my cold water soup stock for the flavor. I never tried the two eggs, but thought Egg Beaters would be just as suitable (if not more) because they're premixed and pasteurized.
- The original recipe called for canned Italian tomatoes and Italian
tomato paste. I used Contadina chopped tomatoes with Italian seasoning.
- One mistake I made with my homemade croutons was not crisping them
enough. Soggy bread was OK because the soup flavors compensated,
but truly crunchy croutons would really give a great texture to the soup.

Acquasale (Sweet Pepper Sauce)



Yield > 3 Servings

Keys : Main Dish Ethnic Pasta Appetizers Sauces Italian Italy European Mediterranean

Ingredients :

3	**tbl**	Olive oil
1	**x**	Red onion, finely sliced
1/2	**x**	Garlic clove, finely minced
3	**x**	Red bell peppers, roasted, ribs, membranes & seeds removed & cut into 1/2" slices

Method :

- Warm the olive oil in a large heavy saute pot. Add the red onion & saute over a low heat until the onion becomes limp & translucent. Add the garlic & saute briefly. Stir in the pepper strips & sweat them over low heat for 20 to 25 minutes. Add the tomatoes & salt & cook another 2 to 3 minutes. Cool to room temperature.
- Put the mixture in a food processor & pulse about 30 times. DO NOT PUREE. If it seems too moist, add the breadcrumbs.
- Serve either as an antipasto, or as a main dish with pasta or polenta. Or, add stock & serve as a soup.

2	med	Tomatoes, seeded & cut into chunks
1/4	tsp	Salt
1/4	cup	Fresh breadcrumbs, optional

Adriatic Ravioli



Yield > 4

Keys : Pasta Brenda Vegetarian Italian Italy European Mediterranean

Ingredients :

1	lb	asparagus, fresh
1	lb	cheese ravioli, small, frozen
5	tbl	butter, or margarine
1	lrg	red bell pepper, seeded and cut into
1	x	thin, 2-inch-long strips (1 cup)
1/2	lb	mushrooms, thinly sliced
		(about 2 cups)
4	lrg	garlic cloves, peeled and minced

Method :

- Put a large pot of water on to boil. Snap off and discard the tough asparagus ends, and cut the stalks into 1-inch pieces. You will have about 3 cups of asparagus. Steam until barely tender, 6 to 8 minutes, and set aside.
- Begin cooking the ravioli, stirring occasionally.
- Melt 1 tablespoon of the butter in a skillet over medium heat. Saute' the red pepper, mushrooms, and garlic until tender, 3 to 4 minutes. Remove the pan from the heat.
- Melt the remaining 4 tablespoons butter in a large, heavy saucepan over medium heat. Whisk in the flour, and let it cook for a minute or two. Slowly pour in the milk, whisking constantly until thickened, about 3 to 5 minutes.
- Add the salt, paprika, mustard, basil, Romano cheese, and pepper to taste stirring until the cheese is melted. Reduce the heat to very low, and stir in the sauteed vegetables.
- When the ravioli is tender and begins to float, after about

3	**tbl**	unbleached white flour
2 1 / 2	**cup**	milk
1 / 4	**tsp**	salt
1	**tsp**	paprika, plus additional for
		garnish
1	**tbl**	Dijon mustard
1 / 4	**cup**	fresh basil, chopped
1 / 2	**cup**	Romano cheese, (2 ounces), finely
		grated Pepper Finely grated Parmesan cheese for
		cn

10 to 12 minutes, drain it well, and transfer it to a large serving bowl.

- Pour on the sauce, and toss gently. Garnish with paprika, and serve with Parmesan on the side.
- Tender ravioli, asparagus, and mushrooms tossed with a Dijon and basil cheese sauce make for this elegant entree, named for Italy's beautiful Adriatic coast.
- 4 servings.

Adriatic Spaghetti - Spaghetti Dell'adriatico



Yield > 4

Keys : Pasta Seafood Italian Italy European Mediterranean Hot

Ingredients :

1	**sm**	octopus, (about 3 1/4 pounds)

Method :

- Serves 4 to 6 The octopus must be very carefully washed and dried, and the mouth removed. Cover the bottom of a saucepan with oil; add the rosemary, bay leaf oregano, cumin seeds, parley, chili pepper, tomatoes and chopped garlic.

1 / 2	cup	olive oil
1	pch	rosemary
1	x	bay leaf
1	pch	oregano
1	tsp	cumin seeds
		chopped parsley
1	x	green chili pepper chopped
1 / 2	lb	tomatoes, peeled and cut in
3	x	cloves garlic, (inner buds
		chopped
		salt and pepper

- Place the octopus on top of this mixture and season with salt and pepper.
- Cover the pot very tightly and simmer for about 45 minutes. Cook the spaghetti in plenty of boiling salted water until it is 'al dente' (firm to the bite).
- Drain and turn onto a warm serving dish. Mix the octopus sauce into the spaghetti. Serve piping hot.

Aged Goat Cheese with Dried Fruit Moscato Compote and Toasts

Yield > 4

Keys : Desserts Game Meats Italian Italy European Mediterranean

Ingredients :

2	oz	Dried apricots cut 1/8" julienne
1	oz	Dried cranberries
1	oz	Dried cherries
1	oz	Dried currants
8	oz	Moscato D'Asti (sweet wine from Italy)
1 / 2	cup	Hazelnuts roughly chopped
2	tbl	Sugar
4	tbl	Unsalted butter softened
4	slc	Good-quality white bread toasted
		(Arnold or Pepperidge Farms)
8	oz	Aged goat cheese, caraway round
		(preferably Coach Farm)

Method :

- In a medium sauce pan over medium-low heat, stir together the apricots, cranberries, cherries, currants and wine. Bring to a boil, turn off the heat and let stand 30 minutes. The fruit will plump to twice their original size and the wine should just moisten the fruit.
- In a large mixing bowl put the hazelnuts, sugar and soft butter. Blend with a spoon until homogenous. Spread this mixture over the toast in a thin layer all the way to the edges. Remove the crusts with a sharp knife. Cut each toast into triangles, and divide the toast among 4 saucers.
- Using 4 large martini glasses divide the fruit mixture and juices evenly. Place each glass on a saucer with the toast. Shave goat cheese with peeler over each glass and serve.
- This recipe yields 4 servings.
- Comments: The original recipe title as listed Is "Aged Goat Cheese With Dried Fruit Moscato Compote And Hazelnut Toasts".

Agliata Per Pasta (Garlic and Walnut

Sauce for Pasta)



Yield > 4 Servings

Keys : Main Dish Ethnic Pasta Sauces Vegetarian Nuts Italian Italy European Mediterranean Hot

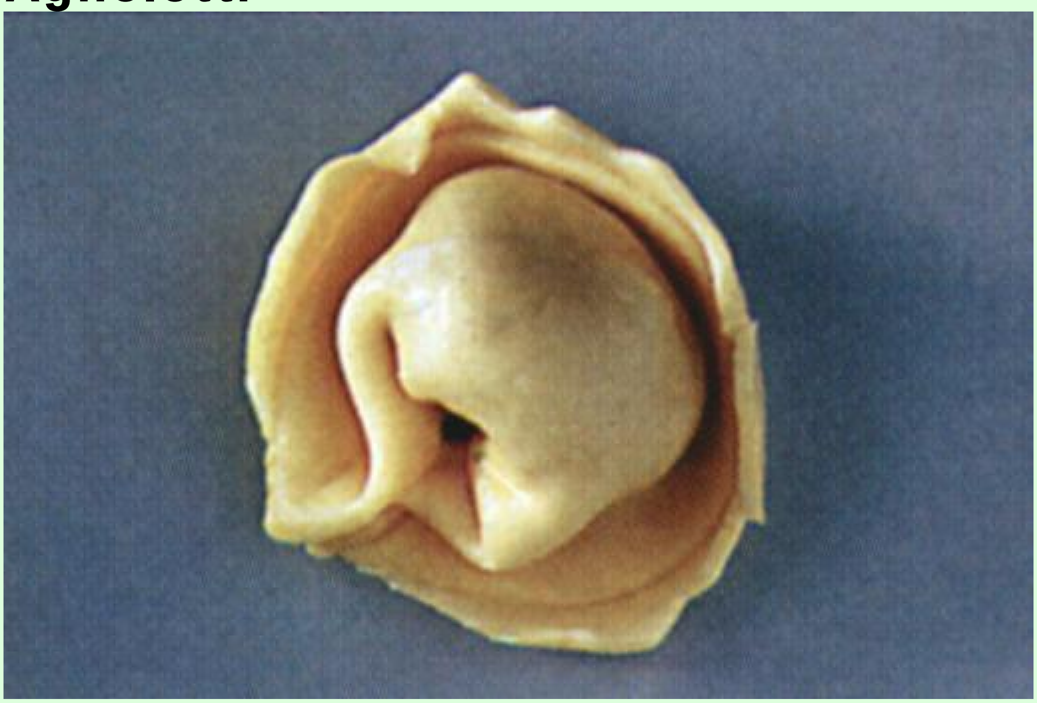
Ingredients :

2	**slc**	Stale bread, crusts removed
2	**tbl**	Stock, warmed
1	**cup**	Walnuts, toasted
1 / 2	**cup**	Parsley, stems trimmed
3	**med**	Garlic cloves, chopped
1 / 2	**tsp**	Salt
1 / 8	**tsp**	Black pepper
6	**tbl**	Olive oil

Method :

- Soak the bread in the stock & then squeeze out any excess moisture.
- Combine the bread with the walnuts, parsley, garlic, salt & pepper in a food processor. Process, adding the olive oil in a very slow stream until you have a thick paste. Toss with your favourite pasta & serve hot.

Agnolotti





Yield > 4

Keys : Main Dish Pasta Italian Italy European Mediterranean

Ingredients :

4	tbl	Butter
1	med	Spanish onion chopped 1/8" dice
1/4	cup	Ricotta
1/4	cup	Grated Fontina
3	tbl	Fresh goat cheese
2	tbl	Fresh marjoram leaves
1/4	cup	Finely-chopped Italian parsley
1/4	tsp	Freshly-grated nutmeg
		Salt to taste
		Freshly-ground black pepper to taste
1	x	recipe Basic Fresh Egg Pasta see * Note
		(rolled to thinnest setting on machine)
3	oz	Unsalted butter
4	oz	Porcini mushrooms sliced paper thin
		(may substitute crimini)
1/4	cup	Grated Parmigiano-Reggiano

Method :

- Bring 6 quarts water to boil and add 2 tablespoons salt.
- In a 12- to 14-inch saute pan, heat butter until foam subsides, add onion and cook until soft and golden-brown, about 7 to 8 minutes. Remove pan from heat and allow to cool. Add ricotta, Fontina, goat cheese, marjoram, parsley and nutmeg and season with salt and pepper.
- To form agnolotti, cut 3-inch strips of pasta lengthwise and place 1 tablespoon cheese filling 3 inches apart. Fold top of pasta down to bottom and pinch closed. Press dough flat between lumps of filling. Using a pastry cutter, cut half moons using folded part as flat side of moon. Continue until pasta and filling are finished.
- When all agnolotti are finished, drop into boiling water and lower heat. Cook at high simmer until tender. Meanwhile, melt butter with mushrooms in a 12- to 14-inch saute pan. Drain agnolotti and place in pan. Sprinkle with Parmigiano and toss over medium heat to coat. Serve immediately.
- This recipe yields 4 servings.

Agnolotti-Alla-Fraccaro (Ravioli)



Yield > 4 Servings

Keys : Main Pasta Italian Italy European Mediterranean

Ingredients :

20	**x**	SANDRA GISBURNE
		AGNOLOTTI PASTA-----
4	**cup**	All-purpose flour
1	**pch**	Salt
1	**cup**	-water
2	**x**	Eggs
		THICK BECHAMEL-----
1/2	**cup**	Milk
1	**tbl**	Butter
1	**tbl**	Flour
1/4	**tsp**	Salt

Method :

- Pn White and red pepper 1 Egg yolk

Agnolotti Bandiera Part 1



Yield > 6 Servings

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

2	**cup**	Flour plus flour for
		Dusting
1 / 2	**tsp**	Salt
1 / 2	**tsp**	White pepper
1	**stk**	unsalted butter, cut
		Into pieces
4	**x**	Eggs
1	**x**	Egg beaten w/ a pinch of
		Salt for egg wash
		Semolina for sprinkling
		(see part 2 for more)

Method :

- Prepare the pasta. Place dry ingredients and butter in food processor fitted with a pastry blade and run machine for 1 minute, or until butter is cut up and mixture feels sandy. Add eggs and run machine in quick spurts for 2 minutes, or until dough forms a compact ball. 2. Cut dough into 4-5 small pieces. Lightly flour each and roll it through pasta machine (set rollers at widest gap). When dough is smooth, reduce gap between rollers and roll the dough again. Continue in this fashion until rollers are at their narrowest setting. As dough sheets come out, dust them lightly with flour and spread them out on the table. 3. Prepare filling. Steam spinach for 30 seconds or until tender, rinse it under cold water, and squeeze it tightly to extract all the water. Place the spinach and remaining ingredients for filling in food processor and grind until smooth. (See part 2 for more)

Agnolotti Di Ricotta E Spinaci



Yield > 6

Keys : Cheese Continental Pasta Italian Italy European Mediterranean Warm

Ingredients :

1	**lb**	flour
6	**oz**	sweet cream butter
8	**x**	eggs

Method :

- STEP ONE: The Dough- Combine the following ingredients: 1 pound bleached flour, 2 ounces sweet butter, 5 eggs, and 1 pinch salt. Work the dough long enough to allow the butter to be incorporated inside the dough. Wrap the dough in a towel and let it rest, for at least one hour, inside the refrigerator.

3	pch	salt, to taste
15	oz	ricotta cheese, dry as possible
2	oz	spinach, trimmed, washed
13	oz	parmesan cheese, grated
1	pch	black pepper, to taste
2	pch	nutmeg, to taste
1	qt	heavy cream
4	oz	mascarpone cheese
2	pch	white pepper, to taste

- STEP TWO: The Filling- For the filling, steam the spinach and chop it very fine. In a bowl, beat together 2 eggs with 7 ounces freshly grated Parmesan cheese, 1 pinch each: salt, black pepper, and nutmeg. Add 15 ounces dry ricotta cheese and mix very well, but not too long. If you mix it too much, the mixture will become liquid.
- STEP THREE: The Agnolotti- Roll out the dough in a thin layer and brush it with an egg wash (made from 1 egg). With the help of a teaspoon to make a
- "walnut" shape, place the spoon on the dough and cover it with another layer.
- Cut with a round pasta cutter 2 inches in diameter. Stuff the pasta with the filling and cook in boiling water until the agnolotti come to the surface of the boiling water.
- STEP FOUR: The Sauce- For the sauce, bring 1 quart heavy cream to a slow boil and add 4 ounces sweet butter, 6 ounces freshly grated Parmesan cheese, 4 ounces mascarpone cheese, 1 pinch of salt, 1 pinch of nutmeg, 2 pinches white pepper. Boil slowly for five minutes, constantly stirring with a wooden spoon.
- Serve agnolotti on warm plates with warm sauce.

Agnolotti Ignudi Al Mascarpone (Meat Balls in Mascarpone



Yield > 8 Servings

Keys : Sausage Ham Pork Meats Cheese Italian Italy European Mediterranean

Ingredients :

MEAT BALLS		
4	oz	Prosciutto, in one piece
4	oz	Pancetta, in one piece
2	x	Italian sausages without fennel seed

Method :

- Cut the prosciutto and pancetta into small pieces and remove the casing from the sausages. Using a meat grinder, grind together the prosciutto, pancetta, and sausages. Place the ground meat in a crockery or glass bowl, add the butter and eggs, and mix very well with a wooden spoon until the butter is completely incorporated. Add the bread crumbs and Parmesan, and season with salt and pepper. Cover the bowl and refrigerate for at least 1 hour before using.
- When ready, bring the broth to a boil in a large pot over medium heat.

4	**x**	Extra-large eggs
3 / 4	**cup**	Bread crumbs, unseasoned
5	**tbl**	Parmesan cheese, grated
		Salt & black pepper to taste
TO COOK MEAT BALLS		
4	**qt**	Chicken broth
SAUCE		
8	**tbl**	Unsalted butter
1 / 2	**lb**	Mascarpone
1 / 2	**cup**	Heavy cream
		Salt & black pepper to taste
1	**pch**	Freshly grated nutmeg
TO SERVE		

- Meanwhile, place a large skillet with the butter over low heat. When the broth reaches a boil, start shaping the meat mixture into tiny meat balls; a heaping tablespoon of mixture will be enough to prepare several. Make sure the meat balls are solid with no holes inside. Drop the balls into the boiling broth a few at a time, and as they rise to the top, tansfer them with a slotted spoon to the skillet containing the butter. When all the meat balls are cooked and in the skillet, add the mascarpone and heavy cream. Mix very well and simmer for 1 or 2 minutes, or until the mascarpone is completely dissolved. Season with salt, pepper, and nutmeg. Mix very well, then transfer to a warmed serving platter. Serve immediately, with some Parmesan on the side.

Aigo Bouido (Garlic Soup)



Yield > 6 Servings

Keys : Sauces Italian Italy European Mediterranean French France

Ingredients :

Method :

- This isn't cream of garlic soup, but it has a creamy

1	x	Separated head or about 16 cloves w, hole, unpeeled ga
2	qt	Water
1	tsp	Salt
1	pch	Of pepper
2	x	Cloves
1 / 4	tsp	Sage
1 / 4	tsp	Thyme
1 / 2	x	Bay leav
4	sprg	parsley
3	tbl	Olive oil

texture. I've done this one and it's great. As Julia says, "Because the garlic is boiled, its after-effects are at a minimum, and its flavor becomes exquisite, aromatic and almot undefinable."

- Drop garlic cloves in boiling water and boil for 30 seconds. Drain, run cold water over them and peel. Place the garlic and the rest of the ingredients in a 3-quart saucepan and boil slowly for 30 minutes. Correct seasoning.
- 3 egg yolks 3 to 4 T. olive oil
- Beat the egg yolks with a wire whip in a soup tureen for a minute or until they are thick and sticky. Drop by drop beat in the olive oil for making a mayonnaise.
- Rounds of hard-toasted French bread 1 cup of grated Swiss or Parmesan cheese
- Just before serving, beat a ladleful of hot soup into the egg mixture by droplets. Gradually strain in the rest, beating and pressing the juice out of the garlic. Serve immediately, accompanied by the bread and cheese.

Aioli



Yield > 8

Keys : Sauces Vegetables Italian Italy European Mediterranean

Ingredients :

1	x	thick slice French bread

Method :

- I find a recipe in my Encyclopedia of Cooking by JoAnna Morris for aioli. Here it is: Remove the crusts from bread and

		milk
4	**x**	cloves garlic
2	**x**	egg yolks /
1 / 8	**tsp**	salt
1	**cup**	olive oil
1	**tbl**	boiling water
		lemon juice

soak in milk. Squeeze dry. Place in large mortar with garlic and mash with pestle until a fine paste. Add the yolks and salt and mash in. Drop by drop pound in olive oil. When the sauce becomes thick; the remaining oil may be beaten in. Thin with water and lemon juice to taste.

Ajo Aceite - (Garlic Mayonnaise for Rice)



Yield > 1

Keys : Condiments Italian Italy European Mediterranean

Ingredients :

6	**x**	Garlic cloves peeled, whole
1	**x**	Egg
		Juice of 1/2 lemon
1	**tsp**	Dijon mustard
1 1 / 2	**cup**	Extra-virgin olive oil
		Salt to taste

Method :

- In a blender, place garlic and egg and blend until smooth. Add lemon juice and mustard and blend again. With machine running, drizzle in oil to form mayonnaise. When all oil has been used, remove to bowl, season with salt and pepper and thin to sauce consistency with some of the 4 tablespoons water. Serve in a crock with shellfish dishes.

		Freshly-ground black pepper to taste
4	**tbl**	Water room temperature

Ajo Blanco - (Cool Garlic and Almond Soup)



Yield > 4

Keys : Appetizers Soups Stews Nuts Italian Italy European Mediterranean

Ingredients :

3 / 4	**cup**	Blanched almonds
6	**x**	Garlic cloves peeled, whole
3	**tbl**	Sherry vinegar
1 / 2	**cup**	White seedless grapes
2	**piece**	White bread crust removed
1 / 4	**cup**	Extra-virgin olive oil
3	**cup**	Water very cold
		Salt to taste
		Freshly-ground black pepper to taste

Method :

- Place almonds and garlic in food processor and blend until very fine. Add sherry vinegar and grapes and bread and blend until smooth. With machine running, drizzle in the olive oil first and then the water. Strain in a soup tureen and season pretty aggressively. Drizzle sherry vinegar on to bowls of soup and garnish with grapes.
- This recipe yields 4 appetizer servings.

12	x	Muscat grapes for garnish

Al's Italian Bread



Yield > 1

Keys : Breads Rolls Hold Italian Italy European Mediterranean

Ingredients :

3	oz	Fresh yeast
3	cup	Warm water - (to 4 cups) divided
3	lb	High-gluten or bread flour
1/2	cup	Granulated sugar
1	tbl	Salt plus
1/2	tsp	Salt
2	tbl	Vegetable shortening plus more for
		greasing if using pans
		Cornmeal
		Toasted sesame seeds

Method :

- Dissolve yeast in 2 cups warm water. Combine flour, sugar and salt in mixing bowl. Make a well in center of mixture; pour in yeast mixture. Mix thoroughly with hands (Marino's method) or dough hook of mixer. Gradually add 1 to 2 cups remaining warm water; mix thoroughly. Dough should be sticky.
- Spread 2 tablespoons shortening on top of dough; knead in.
- Cover dough with a cloth and set in a warm place to rise for 30 minutes. (Marino turns his electric oven to "warm" for a minute, turns it off, then puts the bowl of dough inside.) After 30 minutes, knead dough in bowl for about 3 minutes. Cover and return to warm spot to rise for 1 hour.
- Cut dough into 4 equal sections. Lightly flour counter and rolling pin; roll each section of dough into a rectangle. Roll up each piece of dough lengthwise, like a jelly roll. Shape each into a loaf, sealing the seam with the side of your hand or knuckles.
- Sprinkle some cornmeal and sesame seeds on kitchen counter. Spread some warm water over top of each loaf with your hand; roll loaf over seeds and cornmeal.
- Sprinkle another counter lightly with cornmeal. Place finished loaves on top, cover with a towel and let rise for 15 minutes.
- Preheat oven to 450 degrees. (If using oven tiles or a pizza stone, sprinkle them with some cornmeal and place in oven to heat.)
- Place risen loaves on hot oven tiles or in lightly greased oblong cake pans, using 2 loaves per pan. (If baking the bread in pans, remove after 15 minutes and place the loaves directly on the top oven rack to finish baking; place empty pans on the bottom shelf to keep the bottom of the bread from overbrowning.) Bake 25 to 35 minutes or until loaves are golden and sound hollow when tapped on the bottom.
- Yield: 4 loaves.

Alan Thicke's Noodles Alfredo



Yield > 4

Keys : Pasta Celebrity Rice Grains Italian Italy European Mediterranean

Ingredients :

1	**lb**	pasta, (your choice)
1 / 4	**cup**	butter
2	**x**	garlic cloves, minced
2	**tbl**	parsley, chopped
1	**dsh**	salt and pepper
1 / 2	**cup**	half and half
1 / 4	**cup**	Parmesan cheese

Method :

- Cook pasta according to direction on package. Do not overcook! Drain well, but do not rinse. Meanwhile, in a medium-size skillet, sautee garlic in butter.
- Add parsley, salt and pepper, half and half and Parmesan cheese. Stir over heat but do hot boil. Place pasta in heated bowl. Pour sauce over pasta and serve. (If desired, you can sprinkle on extra Parmesan cheese before serving).

Alaska Salmon and Avocado Pasta Salad



Yield >	4

Keys : Fish Pasta Salads Italian Italy European Mediterranean Usa Alaska Alaskan North American

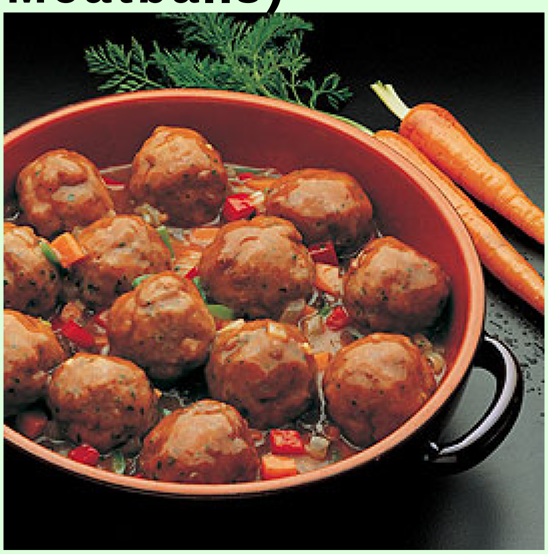
Ingredients :

6	oz	dry pasta, (macaroni, penne, rotini, or shells
1	can	Alaska salmon, (14 3/4 oz)
2	tbl	French dressing
1	x	red bell pepper, thinly sliced
3	tbl	cilantro or parsley, chopped
1	x	lime, juiced/rind grated
1	tbl	tomato paste
1/2	cup	sour cream
		paprika to taste
1	bn	green onion, thinly sliced
2	tbl	light mayonnaise
3	x	ripe avocados, diced
		lettuce leaves to serve on

Method :

- Cook the pasta according to package directions. Drain and toss with the French dressing. Allow to cool. Drain and flake the salmon. Add to the pasta with the green onions, sliced bell pepper and cilantro. Whisk together the lime juice and grated rind, the mayonnaise, sour cream and tomato paste until thoroughly combined. Toss the pasta salad with the dressing. Season to taste with salt and pepper; cover and chill. Before serving, gently toss the avocados into the salad. Spoon the salad onto a bed of lettuce leaves.
- Sprinkle with paprika for garnish.

Albondigas - (Andalucian Lamb Meatballs)



Yield >	4

Keys : Lamb Main Dish Meatballs Meats Italian Italy European Mediterranean

Ingredients :

Method :

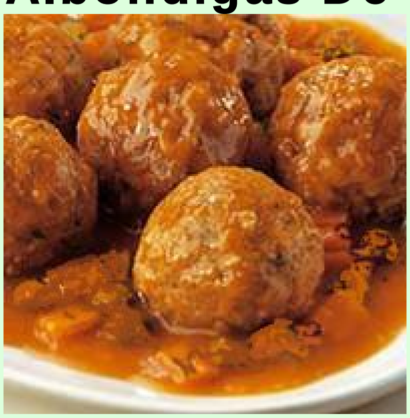
- In a mixing bowl, stir together lamb, onion, garlic, 3

2	**lb**	Ground lamb
1 / 2	**med**	Onion finely minced
2	**x**	Garlic cloves finely minced
4	**tbl**	Chopped cilantro divided
1	**tbl**	Toasted cumin seeds finely ground
		using a spice mill
1	**x**	Egg
		Salt to taste
		Freshly-ground black pepper to taste
2	**tbl**	Thyme leaves
1 / 2	**cup**	Flour
6	**tbl**	Extra-virgin olive oil
1	**lrg**	Spanish onion chopped 1/8" dice
1 1 / 2	**cup**	Chicken stock
1 / 4	**cup**	Blanched almonds
1 / 4	**tsp**	Saffron threads
3	**x**	Garlic cloves
1 / 2	**tbl**	Fresh mint chiffonade

tablespoons cilantro, cumin, egg, salt and pepper and thyme and mix well. Form into 1-inch balls, dust with flour and refrigerate 10 minutes.

- Heat oil in a 12- to 14-inch frying pan until just smoking. Add meatballs and cook until golden brown all over, or about 7 to 10 minutes, and remove. Add Spanish onion and cook until golden brown and soft, about 6 to 8 minutes. Add stock and bring to a boil. Return meatballs to pan and lower heat to simmer. Cover and cook 30 minutes.
- Place almonds, saffron, garlic, mint and remaining cilantro into a spice mill and process to a fine powder. Stir into stock and serve immediately.
- This recipe yields 4 servings.

Albondigas De Ternera - (Veal Meatballs)



Yield > 4

Keys : Main Dish Meatballs Veal Meats Italian Italy European Mediterranean Warm Room

Ingredients :

1	**lb**	Ground veal
1 / 2	**lb**	Jamon serrano, prosciutto or ham cut 2" julienne

Method :

- Place veal, jamon, bacon, 1 egg, nutmeg, sweet paprika and orange zest in blender and puree until smooth, about 1 minute. Season with salt and pepper and form into golf ball-sized rounds. Roll each ball in flour, then beaten eggs and then bread crumbs and set aside.

1/4	lb	Tocino (bacon) cut 1/4" cubes
1	x	Egg plus
2	x	Eggs beaten
1/2	tsp	Nutmeg
1	tbl	Sweet paprika
2	tbl	Orange zest
		Salt to taste
		Freshly-ground black pepper to taste
1/4	cup	Flour
1	cup	Dried bread crumbs
8	tbl	Extra-virgin olive oil divided
4	x	Garlic cloves thinly sliced
2	lrg	Tomatoes peeled, seeded,
		and chopped
1	tbl	Hot paprika
1/2	cup	Dry sherry

- In a 12- to 14-inch saute pan, heat 6 tablespoons of the oil until smoking. Saute 6 meatballs at a time until dark golden brown and then remove. Repeat with remaining meatballs and remove from pan. Add garlic to pan with remaining 2 tablespoons oil and cook until light golden brown, about 2 to 5 minutes. Add tomatoes, hot paprika and sherry and bring to a boil. Place meatballs into sauce, lower heat and simmer about 20 minutes. Serve either warm or at room temperature.
- This recipe yields 4 servings.

Alessia's Favorite Mushroom Sauce



Yield > 3

Keys : Main Dish Mushrooms Pasta Italian Italy European Mediterranean

Ingredients :

3/4	oz	Dried porcini mushrooms
2	cup	Water
2	tbl	Butter - (to 3 tbspns)
1	tbl	Finely-minced shallots

Method :

- Soak dried porcini in water for two hours at least or for as long as possible. When porcini are soft, drain, reserving liquid, and finely mince the porcini; reserve until later.
- Heat the butter in a 12-inch skillet. Add the shallots and saute for a few minutes or until tender. Add the sliced mushrooms and saute another minute or so or until they begin to wilt. Add minced drained porcini mushrooms and reserved liquid and reduce until the mushrooms have almost entirely

1	**pkt**	Domestic mushrooms - (10 oz) caps sliced finely
1 / 2	**cup**	Heavy cream
12	**oz**	Fedelini
		Salt to taste
		Freshly-ground black pepper to taste
		Shaved Parmesan cheese for garnish

absorbed the porcini liquid. Add the heavy cream and reduce slightly. Season to taste with salt and pepper.

- Portion out the cooked fedelini and spoon sauce over the top. Garnish with shavings of Parmesan cheese.
- This recipe yields 3 servings.

Alfredo's Noodles



Yield > 4

Keys : Pasta Pizza Italian Italy European Mediterranean

Ingredients :

1	**lb**	fettuccine
1 / 4	**tsp**	oregano
1 1 / 2	**cup**	sliced mushrooms
1 / 2	**tsp**	garlic powder
1 / 2	**cup**	butter
1 / 2	**cup**	light cream
1 / 4	**tsp**	salt

Method :

- Melt butter in a small saucepan. Add mushrooms, salt, pepper, oregano, and garlic. Saute for five minutes. Add cream and cook for two minutes, stirring occasionally. Drain fettuccine and place in a warm bowl. Add hot sauce and both cheeses and toss gently.

1 / 4	tsp	pepper

Alfredo Sauce



Yield > 1

Keys : Sauces Alfr Italian Italy European Mediterranean

Ingredients :

2	cup	nonfat cottage cheese
3	tbl	grated parmesan cheese
2	tbl	butter-flavored granules
1 / 2	cup	evaporated skimmed milk
1 / 2	tsp	chicken-flavored bouillon granules
1 / 2	tsp	dried basil
1 / 2	tsp	ground black pepper
1	x	d ground red pepper

Method :

- Serving Size : 6-8 Combine all ingredients in container of an electric blender; process until smooth, stopping once to scrape down sides.
- Pour into a small saucepan; cook sauce over low heat, stirring constantly, until thoroughly heated.
- Makes 2 3/4 cups.
- * I used 2 Tbsp margarine instead since we don't have butter-flavored granules.

Alfredo Sauce Al a Strings Restaurant

Yield > 4

Keys : Italian Italy European Mediterranean

Ingredients :

Method :

- Combine all ingredients except for the starch, cheese and

1	qt	non-fat milk
1	tbl	garlic salt
2	tbl	molly mcbutter
1 / 4	cup	arrowroot starch
1 / 4	cup	water
1	cup	shredded non-fat mozzarella
		cheese
		to taste salt
		to taste white pepper

water and put into a sauce pan and bring to a boil. Blend together the arrowroot and cold water then add slowly to the sauce, stirring constantly. Let sauce simmer for 2 minutes. Remove from heat. Slowly add and blend in the cheese.

- Makes 4-6 servings.

Alfredo Sauce, Almost

Yield > 2

Keys : Pasta Sauces Gravies Vegetarian Italian Italy European Mediterranean

Ingredients :

4	oz	linguini
1 / 2	cup	lowfat cottage cheese
1	tbl	skim milk
1	tbl	grated parmesan cheese
		coarsely ground pepper

Method :

- 1. Cook linguini until desired doneness
- 2. Meanwhile, place cottage cheese, skim milk and parmesan cheese in electric blender or food processor. Whirl until smooth.
- 3. Toss linguini with sauce in serving bowl. Season with pepper and serve at once.

Almond Raisin Panettone



Yield > 10

Keys : Breads Machine Bread Bakers Fruit Spice Nuts Italian Italy European Mediterranean

Ingredients :

1 / 2	cup	Warm Milk

Method :

- Use Sweet Dough Cycle.

1 / 4	**cup**	Egg
2 1 / 8	**cup**	All-purpose Flour
4	**tbl**	Sugar
1 / 2	**tsp**	Salt
5	**tbl**	Butter
1 / 2	**tsp**	Orange Peel
1	**tsp**	Lemon Peel
4	**tbl**	Raisins
3	**tbl**	Slivered Almonds
1 1 / 2	**tsp**	Bread Machine Yeast

Alfredo Sauce Over Fettuccine Ff



Yield > 6

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

12	**oz**	fettuccine, uncooked, ff or 16 ozs fresh, ff
		dry white wine
3	**lrg**	garlic cloves, minced
1 / 4	**cup**	red bell pepper, fine chop
1 / 4	**cup**	green onions, slice
1 / 4	**cup**	parsley, fresh, chop, or- 1 tb dry
1	**tbl**	flour
12	**oz**	evaporated skim milk
1 / 2	**tsp**	basil leaves
1 / 4	**tsp**	oregano leaves
1 / 4	**cup**	nutritional yeast, parmesan

Method :

- Doneness as directed on the package. Drain; keep warm. Meanwhile, sauteegarlic in wine ; cook for 1 minute. Add bell pepper, onions, parsley and flour; cook and stir for 1 minute. Gradually stir in milk until blended. Bring to a boil, stirring constantly. Cook for 3 to 5 minutes, or until sauce boils and thickens, stirring frequently. Remove from heat; stir in basil and oregano.
- Add cooked fettuccini; toss gently to coat. Sprinkle with nutritional yeast.

Alfredo-Style Sauce



Yield > 4 Servings

Keys : Sauces Food Process Pasta Italian Italy European Mediterranean

Ingredients :

2	**cup**	Nonfat cottage cheese
3	**tbl**	Freshly grated Parmesan
		Cheese
2	**tbl**	Butter Buds=AE powdered
		Butter substitute -- or
		Othe=

Method :

- 1/2 Cup evaporated skim milk 1/2 teaspoon chicken bouillon 1/2 teaspoon dried basil 1/4 teaspoon freshly ground black pepper cayenne - to taste
- Combine all ingredients in container of an electric blender; process until smooth, stopping once to scrape down sides. Pour into a small saucepan; cook sauce over low heat, stirring constantly, until thoroughly heated.
- NOTE: The above nutrition information was based on this recipe making 6 servings, but in reality normal humans won't be able to get more than 4 main-course servings out of this at best.

Alice's Italian Casserole



Yield > 8 Servings

Keys : Casserole Italian Italy European Mediterranean

Ingredients :

1	lb	Hamburger
1	tsp	Basil
2	cup	Noodles (measure uncooked)
1 / 3	cup	Water
1	tsp	Oregano
1	pkt	(8-oz) shredded Moxarella cheese
1	jar	(32-oz) prepared spaghetti sauce (I use Ragu)
1	tsp	Sugar
1	med	Onion, chopped
1 1 / 2	tsp	Salt
1 / 4	tsp	Pepper

Method :

- Here is a recipe that is best assembled the night before, after the kids are in bed, then popped into the oven when you get home from work. While it bakes, put your feet up, let the kids watch Barney (the purple dinosaur I hate), have a glass of chilled wine, and relax.....
- Brown hamburger and onion; drain. Add Ragu, spices, sugar, salt, and water.
- Simmer for about 30 minutes. Cook noodles according to package directions.
- Drain.
- In a "lasagna" sized casserole, layer the drained noodles and the ragu mixture, beginning and ending with the sauce. Top with shredded cheese.
- Bake at 375 degrees (covered) for 45 minutes. Uncover, and bake for 10 minutes more.
- Optional center layer: Mix together 1 egg, 1 1/2 cups cottage cheese, salt, and pepper. Spread this over the first layer of sauce/noodles, and then continue layering.
- This optional center layer will make this casserole taste just like lasagna.
- This casserole can be prepared to the baking point, then frozen. Thaw before baking.
- Make TWO casseroles out of this if you have a small

family. Bake one and freeze one for an emergency.

- Personal note:
This recipe was given to me by Alice Robertson, my next door neighbor. Whenever either of us makes this, we divide the casserole in two parts and share with each other.

Aliza's Spaghetti Sauce

Yield > 1

Keys : Pasta Low Calorie Fat Free Diet Italian Italy European Mediterranean

Ingredients :

1	**x**	brick of spinach
1	**x**	28 oz can crushed
		tomatoes
1	**x**	10 oz bag frozen green
		pepper
2	**x**	7 oz cans salt-free
		mushrooms
1	**x**	lots of dehydrated onion
1	**x**	garlic to taste
1	**x**	parsley to taste
1	**x**	Italian seasoning to taste
1	**pch**	black pepper

Method :

- It was good, but much more of a stew than a sauce. Next time I make it, I'll use real onions, and two cans of tomatoes, and have containers ready to freeze most of it... my freezer is full these days. In summer, fresh tomatoes (and probably zucchini) would be good...

All at Once Spaghetti



Yield > 4 Servings

Keys : Hamburger Pasta Beef Meats Italian Italy European Mediterranean

Ingredients :

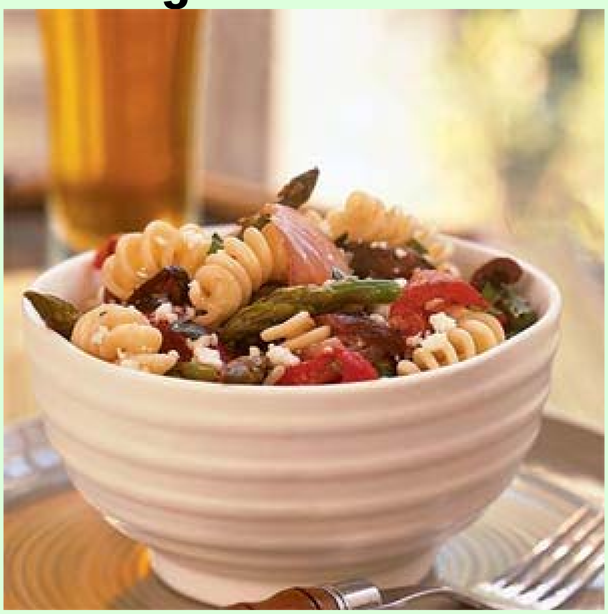
1	**tbl**	Cooking oil
1	**lrg**	Onion,chopped
1 / 2	**lb**	Ground beef
1 1 / 2	**tsp**	Salt

Method :

- Heat oil in saucepan or skillet.Add onion;cook until soft.Crumble in the beef.Stir and fry until meat loses red color.Sprinkle with salt and pepper.Pour in tomato sauce and water;bring to boil.Break spaghetti;sprinkle in a little at a time,stirring into sauce and keeping it separated.Cover tightly.Simmer 20 to 30 minutes.Stir toward end of cooking time.Serve with cheese.Makes 3 to 4 servings.

		Pepper to taste
2	can	Hunt's Tomato Sauce
1 1/2	cup	Water
1/4	lb	Uncooked spaghetti
		(1/2 - 8 oz. pkg.)
		Grated cheese

All Vegetable Pasta Salad



Yield > 6

Keys : Salad Italian Italy European Mediterranean

Ingredients :

10	oz	pasta shells
32	oz	mixed vegetables, frozen
		(broccoli, cauliflower, carrots, etc)
1	med	white onions, half-ring sliced
1	cup	Italian salad dressing, low
15	oz	kidney beans, canned, rinsed and drained
1	tsp	garlic powder
1	tsp	Cajun seasoning

Method :

- Cook pasta shells according to directions. Drain and rinse in cold water. Pour boiling water over mixed vegetables. Drain and rinse in cold water. Combine kidney beans, dressing, spices and chopped onion together. Add vegetables; mix. Add pasta mix well. Chill at least 1 hour before serving.
- Serves 6.

Alligator Cacciatora Banquet

Yield > 100 Servings

Keys : Cajun Main Dish Game Meats Italian Italy European Mediterranean Italian

Ingredients :

3	x	Adult Alligators
15	lb	Zucchini sliced
3	can	Black pitted olives sliced
1	cup	Black pepper
4	cup	Oregano
1	pkt	Bay leaves (small box)
4	cup	Vegetable oil
50	lb	Canned whole tomatoes
10	lb	Sliced onions
1	cup	Salt
1/2	cup	Crushed red pepper
4	cup	Diced fresh parsley
20	lb	Assorted green & Red
1	whl	bulb of garlic

Method :

- Peppers Alligators... Discard head, feet and tail. Wash and cut into individual portions. (so how much do 3 adult alligators weigh anyway?)
- Borrow, beg or steal huge cooking pot. Use medium heat for oil and garlic.
- Add alligator portions, turning often. Add tomatoes, bring to boil, simmer, add salt, pepper, red pepper, oregano, bay leaves, and parsley. Cover and simmer for 2 1/2 hours. Last 30 minutes add onions, peppers, zucchini. Last 5 min. add sliced olives. Serve with salad topped with favorite Italian dressing and crisp bread. "New Orleans Cooks The Italian Way" Locovozzi &
- Mollicone (note: this is a real recipe and there is a whole Italian area of New Orleans which as you can see is spicy like cajun, but truely Italian. I have though of ways to make this with some other meat, because we just don't have alligators in Milwaukee! Maybe buffalo?)

Allspice Pasta



Yield > 4

Keys : Spices Italian Italy European Mediterranean

Ingredients :

HAND		
1	**cup**	semolina flour, durum
1	**tsp**	allspice
1	**x**	egg
1	**tbl**	olive oil, optional
1	**tbl**	water, if and as needed
ELECTRIC EXTRUDER		
1 1/3	**cup**	semolina flour, durum
1	**tsp**	allspice
1	**x**	egg
1	**tbl**	olive oil, optional
1	**tbl**	water, if and as needed (1
		to 2)

Method :

- Follow whatever method you normally use to mix and knead your dough.
- Ingredients are given for Manual or Electric Machine.

Almendradas - (Almond Cupcakes)



Yield > 12

Keys : Cakes Desserts Muffins Breads Baked Nuts Italian Italy European Mediterranean

Ingredients :

3	cup	Sliced almonds
1 1/2	cup	Powdered sugar
1	tsp	Orange zest
1	tsp	Cinnamon
5	x	Egg whites

Method :

- Preheat oven to 400 degrees.
- Toast almonds under broiler for 2 to 3 minutes, shaking constantly. Allow to cool. Place in food processor and chop until powder. Add sugar, orange zest and cinnamon to a mixing bowl and stir in almond powder. In a separate bowl, whip eggs whites to firm peaks. Fold into almond mixture. Grease a 12-slot muffin pan and fill each cup. Bake 12 to 15 minutes, until a toothpick exits cleanly. Allow to cool before serving.
- This recipe yields 12 cupcakes.

Almond and Apricot Cookies (Pastini Di Mandorle)



Yield > 36

Keys : Nuts Italian Italy European Mediterranean

Ingredients :

125	gm	butter softened
200	gm	caster sugar
1	med	egg beaten

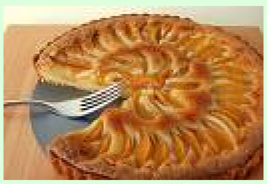
Method :

- Cream the butter and sugar together until light and fluffy then beat in the egg and almond essence.
- Sift the flour and baking powder together and stir into the mixture with enough milk to form a smooth paste.
- Roll teaspoonfuls of the mixture into balls.

4	**dsh**	almond essence
250	**gm**	plain flour
1	**tsp**	baking powder
1	**tbl**	milk
50	**gm**	blanched almonds finely chopped
2	**tbl**	apricot jam

- Roll in chopped almonds and place well apart on a greased baking sheet.
- Make a deep dent in the centre of each and fill with jam.
- Bake in a preheated moderately hot oven 200 degrees C (400 degrees F) Gas Mark 6 for 12 to 15 minutes until golden.
- Leave for 5 minutes then transfer to a wire rack and leave until cold.
- Store in an airtight tin.
- Makes about 36

Almond Marzipan Cream (Frangipane)



Yield > 6 Servings

Keys : Desserts Nuts Italian Italy European Mediterranean

Ingredients :

3	**x**	Eggs
3	**oz**	(3/4 cup) all purpose flour
2	**cup**	Milk
4	**oz**	(1/2 cup) sugar
6	**oz**	(3/4 cup) ground almonds

Method :

- You will need 2 bowls, a saucepan, and a baking dish. Beat the eggs together. Mix the flour with a little of the milk, and then stir into the rest of the milk and the beaten eggs. Cook the mixture over low heat like a custard, whisking steadily and adding the sugar and the almonds little by little. When thick, remove from the heat and pour into an oiled baking dish. When it is cold, cut into squares like Turkish delight. Serve as a special treat for holidays.

Almond-Orange Biscotti



Yield > 6

Keys : Nuts Citrus Cookie Italian Italy European Mediterranean

Ingredients :

2 1/4	**cup**	flour
1 1/4	**cup**	sugar
1	**pch**	salt
3	**x**	eggs, lightly beaten
1	**tbl**	oil
1/4	**tsp**	almond extract
		finely grated zest of 1, orange
1/2	**cup**	chopped almonds
2	**tsp**	baking powder

Method :

- Preheat oven to 350F.
- Grease and flour cookie sheet.
- In a large bowl, sift the flour, sugar, baking powder and salt. Make a well in the center of the mixture; add the remaining ingredients and mix well.
- Divide the dough in half. Shape each half into flat-bottomed cylinders (1-inch high x 2 1/2-inches wide x 8-inches long). Bake 30-35 minutes or until brown on top. Remove from oven and cool slightly. Cut into 3/4-inch slices. Return to oven with cut side down for 15 minutes or until slices are brown. Remove from oven and cool on racks.

Almond Pestinos in Rose Petal Syrup

Yield > 4

Keys : Desserts Nuts Italian Italy European Mediterranean

Ingredients :

Method :

- In a bowl, mix together olive oil, cream, juice and zest of lemon, cinnamon and anise. Add almonds and flour, mix to

1 / 3	**cup**	Extra-virgin olive oil
1 / 4	**cup**	Cream
		Juice and zest of 1 lemon
1	**pch**	Cinnamon
1 / 4	**cup**	Anise del Mono or Sambucca
1	**cup**	Ground almonds
2	**cup**	Flour
1	**cup**	Honey
1 / 4	**cup**	Dried organic rose petals
3	**cup**	Virgin olive oil
1 / 2	**cup**	Powdered sugar

form a firm dough, and knead 2 to 3 minutes. Wrap in a wet cloth and allow to rest 1 hour.

- Preheat fryer to 385 degrees.
- Place honey and rose petals in a saucepan and bring to a boil. Remove from heat and set aside. Form pastry into 1-inch balls and form those into 3 1/2-inch to 4-inch cigars. Fry in 350 degree hot oil in small batches until golden brown, remove with spider, and drain on paper towels. While still warm, dip in honey mixture to coat and place on cooling rack. Dust with powdered sugar and allow to dry.
- This recipe yields 4 servings.

Almond Stuffed Peaches (Pesche Alla Piemontese)



Yield > 4

Keys : Nuts Italian Italy European Mediterranean Cold Warm

Ingredients :

Method :

- Scoop a little flesh from the centre of each peach half and put in a basin.

4	lrg	firm peaches halved and stoned
75	gm	macaroons crushed
50	gm	caster sugar
40	gm	butter softened
1	x	egg yolk
1/2	tsp	finely grated lemon rind
		flaked almonds to decorate (optional)

- Add the macaroon crumbs sugar 25g of the butter the egg yolk and lemon rind and beat until smooth.
- Divide between the peaches shaping the stuffing into a mound.
- Top with flaked almonds if liked and dot with the remaining butter.
- Arrange in a buttered ovenproof dish.
- Bake in a preheated moderate oven 180 degrees C (350 degrees F) Gas Mark 4 for 25 to 35 minutes.
- Serve warm or cold with pouring cream.
- Serves 4

Almost Impossible Basic Baking Mix

Yield > 1 Servings

Keys : Vegetables Italian Italy European Mediterranean

Ingredients :

2 3/4	cup	All-purpose flour*
1/3	cup	Nonfat dry milk powder
1	tbl	Sugar
1	tbl	Double-acting baking powder
1	tsp	Salt
6	tbl	Solid vegetable shortening

Method :

- *To vary the mix, replace half of the flour with whole-wheat flour or cornmeal. Combine flour, dry milk, sugar, baking powder, salt and shortening in food processor. Pulse until mixture is well blended and smooth. Store in container with tight-fitting cover in cool place for up to 4 weeks. Stir well before using.
- NOTES : Makes 17 cups.

Almost Nonfat Pesto

Yield > 3

Keys : Italian Italy European Mediterranean

Ingredients :

1 1/2	cup	fresh basil leaves
2	x	cloves garlic, peeled
1/4	cup	pine nuts
1/4	cup	parmesan cheese, grated
1/4	cup	lemon juice, freshly squeezed

Method :

- Put the basil, garlic, pine nuts and Parmesan cheese in a blender or food processor. Turn the machine on and drizzle in the lemon juice. Continue to puree until a smooth paste is formed.
- Makes 3/4 cup pesto.

Almost Pasta Primavera



Yield >	6

Keys : Diabetic Vegetables Cheese Main Dish Eggs Italian Italy European Mediterranean

Ingredients :

3 1/2	lb	spaghetti squash, 1 medium
1	cup	broccoli flowerets, fresh
1	cup	zucchini, small, sliced
1	cup	mushrooms, fresh, sliced
1	cup	carrot, sliced
1	x	clove garlic, small, crushed
3/4	tsp	reduced calorie margarine, melted
1	tbl	skim milk
1/2	cup	part skim ricotta cheese
1	tbl	parmesan cheese
1/2	tsp	imitation butter flavoring
1/4	tsp	salt
1/2	tsp	italian seasoning
1/8	tsp	coarsely ground pepper

Method :

- Wash squash; cut in half lengthwise and discard seeds. Place squash, cut side down, in a Dutch oven; add 2 inches water. Bring water to a boil, cover and cook 20 minutes or until squash is tender.
- Drain squash and cool. Using a fork remove spaghetti-like strands. Measure 3 cups of strands; set aside. Remove remaining strands for other use.
- Steam vegetables 5 to 7 minutes or until crisp-tender; drain well. Combine squash strands and vegetables, tossing gently. Cover to keep warm; set aside.
- Saute garlic in margarine in a small saucepan; remove from heat. Add milk, cheese, buter flavoring, and seasonings to saucepan. Cook over low heat, stirring constantly, until mixture is hot (do not boil). Spoon cheese mixture over vegetable mixture, tossing gently.
- found this on the cooking echo, it sounded sooo good! It may be worth trying out as soon as I can convenience "Bert" that squash is good for you and yours.;-) which is the reason why I put it in my diabetic recipes file) Yields

Almost Vegan Lasagna



Yield > 8

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

FILLING		
1	cup	Green lentils, washed
2	tbl	Olive oil
1	lrg	Onion, diced
1	med	Carrot, thinly sliced
1 1/2	cup	Mushrooms, sliced
2	x	Garlic cloves, chopped
2	cup	Tomatoes, diced
2	tbl	Tomato paste
1	tbl	Parsley
1	tsp	Oregano
1	tsp	Marjoram
1	tsp	Soy sauce
		Salt & pepper to taste
PASTA		
		Lasagna strips, enough for 3 layers
BECHAMEL SAUCE		
3 1/2	cup	Water
1/2	cup	Cashews
1	tsp	Salt
1/2	tsp	White pepper
1	x	Bay leaf
1	x	d Nutmeg
ROUX		
1/4	cup	Vegetable oil
1/2	cup	All-purpose flour
TOPPING		
1 1/2	cup	Mozzarella style soy

Method :

- Rinse lentils & cook for about 25 minutes until soft. Drain, reserving the stock.
- Heat oil in a large skillet & saute onions for 3 minutes. Add carrots, garlic & mushrooms & continue to saute for 10 minutes, stirring occasionally to prevent burning. Add cooked lentils, tomatoes, tomato paste, herbs & soy sauce. Add a little of the reserved stock if mixture is too dry. Cover & cook for 20 minutes to ensure that the flavours are well blended.
- Meanwhile cook enough lasagna strips to make 3 layers. Cook only till al dente.
- BECHAMEL SAUCE: Combine the water, cashews, salt, pepper & nutmeg in the blender & blend till smooth. Make the roux by heating the oil in a pot & stirring in the flour when hot. Slowly add the cashew milk, add the bay leaf & bring to a gentle boil, stirring constantly. When boiling, reduce heat to very low & simmer for about 1 minute or until the sauce starts to thicken. Set aside.
- Oil a casserole dish. Put a layer of lasagna in the bottom & layer with the lentil mixture followed by the bechamel sauce. Repeat, ending with a layer of bechamel. Top with shredded soy cheese if desired. Bake at 350F for 35 minutes. Let stand for 10 minutes before serving

		cheese OR Italian style almond cheese (optional)

Alyssa Milano's Rolled Lasagna



Yield >	6

Keys : Pasta Celebrity Pork Ham Meats Italian Italy European Mediterranean

Ingredients :

1	pkt	lasagna noodles, cooked
		according to package, directions
1	cup	cooked ham, chopped
3 / 4	cup	ricotta cheese
1	cup	spinach, cooked and chopped
3 / 4	cup	mozzarella cheese, shredded
16	oz	spaghetti sauce

Method :

- Drain lasagna noodles. Combine ham, spinach and both cheese in bowl. Spread the mixture on the lasagna and roll it up. Set in a baking dish and pour spaghetti sauce over it. Bake for 20 minutes. Sprinkle with Parmesan cheese, if desired.
- Serves 6. Alassa Milano, plays Tony Danza's lively daughter on
- "Who's the Boss" and a witch in "Charmed"..

Amaretti Cookies



Yield > 42

Keys : Cookies Italian Italy European Mediterranean

Ingredients :

1 / 2	lb	Canned almond paste
1	cup	Sugar
2	lrg	Egg whites
		Granulated sugar
		For dusting

Method :

- PREHEAT THE OVEN TO 375F. Break the almond paste into small pieces and combine it with the sugar in the bowl of an electric mixer. Mix on low speed until very fine. Add egg whites in 4 additions, mixing about 1 minute between each. Beat the paste until very smooth, about 2-to-3 minutes.
- Fill a pastry bag fitted with a 1/2-inch plain tube with the mixture.
- Line 2 cookie sheets or jelly roll pans with parchment paper. Pipe the mixture on the paper in 1-to-1 1/2-inch mounds, about 1-inch apart. Fold a clean kitchen towel into a long strip and moisten the towel with water.
- Squeeze lightly to eliminate excess water, leaving the towel more than damp. Slap the surface of the Amaretti gently with the towel to moisten them and make the surface smooth. Sprinkle the Amaretti with granulated sugar. Bake about 15-to-20 minutes, until they are well risen, a deep golden color, and their surface is covered with tiny cracks. Remove from the oven and place the pans on racks to cool. To remove the Amaretti from the papers, turn the papers over with the Amaretti still adhering to them and wet the papers with hot water, using a brush. Leave a few minutes, then pull on the papers to release the Amaretti.
- HERE ARE 2 VARIATIONS OF AMARETTI: Amaretti di Pinoli: After moistening the piped Amaretti, strew them with pine nuts, sprinkling them on heavily, then pressing lightly with the fingertips so that the pine nuts adhere. Do not dust with sugar. Bake as for the Amaretti. Fior di Mandorla: This

variation of Amaretti is popular in Southern Italy and Sicily, where the mixture is sometimes colored green or pink during the mixing. Their rough, craggy appearance is a nice contrast to the smoothness of the standard Amaretti.

- Prepare the Amaretti, up to, and including, moistening them with the towel. Dust heavily with confectioners' sugar and allow the piped mixture to dry at room temperature, uncovered, at least 12 hours, or overnight.
- After they have dried, indent each of the piped mounds with the thumb, first and middle fingers of one hand, positioning them equidistant around the circumference, and pinching gently inward, about half way into the center. Bake the Fior di Mandorla at 375F, about 15-to-20 minutes. Cool and loosen the Fior di Mandorla as for the Amaretti.

Amaretti Ice Cream (Gelato Agli Amaretti)



Yield > 4

Keys : Italian Italy European Mediterranean

Ingredients :

100	gm	amaretti or macaroons
3	tbl	Marsala or medium sherry
450	ml	vanilla ice cream (qv)
To decorate:		
		whipped cream (optional)
		ratafia biscuits

Method :

- Grind the amaretti or macaroons in an electric blender or crush with a rolling pin.
- Mix to a soft paste with the Marsala or sherry.
- Spread two thirds of the ice cream over the base and two thirds up the sides of a 600 ml basin.
- Spread the macaroon mixture in the centre and cover with the remaining ice cream smoothing the top.
- Cover with foil and freeze until required.
- Turn the ice cream out onto a serving dish and place in the refrigerator 30 minutes before serving to soften.
- Decorate with whipped cream if using and ratafia biscuits to serve.
- Serves 4
- Note: Avoid soft ice cream otherwise the bombe will not

hold its shape.

Amaretto and Ghirardelli Chocolate Chip Cheesecake

Yield > 12

Keys : Alcoholic Chocolate Desserts Italian Italy European Mediterranean

Ingredients :

crust		
1	cup	Ghirardelli semi-sweet chocolate chips
1	tbl	butter, unsalted
1 1/4	cup	vanilla wafer crumbs
1/4	cup	nuts, finely chopped
3	tbl	sugar, confectioners'
		filling-
24	oz	cream cheese, softened
1	cup	sugar
4	lrg	egg, room temp
1/4	cup	amaretto
2	tbl	cornstarch
1	tsp	vanilla extract
1	cup	Ghirardelli semi-sweet chocolate chips
		topping-
2	cup	sour cream, room temp
1/4	cup	sugar
1	tsp	amaretto
1/2	cup	almonds, toasted sliced

Method :

- Make the crust: Position a rack in the center of the oven and preheat to 375-F. Lightly butter the bottom and side of a 9 x 3" round spring form pan.
- Trim a 9" cardboard cake circle so that it fits snugly within the curved lip of the bottom of the spring form pan. Cover the top of the cardboard lined spring form bottom with a piece of aluminum foil, leaving a 2" overhang all the way around the edge. Carefully attach the side of the spring form so as not to tear the foil. Wrap the foil overhang halfway up the side of the spring form pan. Lightly butter the foil covered bottom and side of the spring form pan. In the top of a double boiler over hot, not simmering, water, melt the chocolate chips with the butter, stirring frequently, until smooth. Remove the top part of the double boiler from the bottom and cool the chocolate mixture until tepid. In a large bowl, stir together the crumbs, nuts and sugar until combined. Add the chocolate mixture and using a fork, stir together the chocolate and crumbs, until combined. Press the mixture evenly into the bottom of the prepared pan, making sure that the crust extends 1" up the side of the pan. Set aside. Make the filling: In a large bowl, using a hand held electric mixer set at medium high speed, beat the cream cheese with the sugar for 2 to 3 minutes, or until smooth. One at a time, beat in the eggs, beating well after each addition. Beat in the liqueur, cornstarch and vanilla until smooth. Stir in the chocolate chips. Pour the cheesecake filling into the prepared pan and smooth the surface with a rubber spatula. Bake the cheesecake for 50 to 60 minutes, or until a knife comes out clean when inserted near the center. Cool for 5 minutes. Do not turn off the oven. Make the topping: In a large bowl, stir together the sour cream, sugar and liqueur until combined and spread it evenly over the surface of the cake. Bake for 5 minutes longer. Cool the cheesecake completely on a wire rack. Cover with plastic wrap and refrigerate overnight. Remove the side of the pan and sprinkle the top with the almonds.

Amaretto Cafe (Italian Coffee)



Yield > 1

Keys : Mixed Drinks Alcoholic Coffee Beverages Drink Italian Italy European Mediterranean

Ingredients :

1	cup	black coffee
1	oz	amaretto
		whipped topping
1	x	maraschino cherry

Method :

- Fill coffee mug or cup with hot coffee. Stir in amaretto. Top with pressurized dessert topping and cherry. Serve with teaspoon.

Amaretto Cake



Yield > 12

Keys : Alcoholic Cakes Desserts Christmas Festive Italian Italy European Mediterranean

Ingredients :

1	cup	butter
1 1/2	cup	sugar
3	x	eggs, separated
2	cup	flour, (sifted)
1	tsp	baking powder
1	tsp	baking soda
1/2	tsp	salt
1	cup	sour cream
1	tsp	grated orange peel
1/2	cup	chopped walnuts
2	tbl	sugar
1/4	cup	orange juice
1/3	cup	amaretto

Method :

- Cream butter and 1 1/2 cups sugar until light and fluffy; beat in egg yolks one at a time. Fold in beaten egg whites. Sift together flour, baking powder, baking soda and salt, and add to batter a little at a time, alternating with sour cream. Stir until smooth. Mix in grated orange peel and walnuts and pour into buttered 9" tube pan. Bake 50 minutes at 350F. Mix remaining sugar with orange juice and Amaretto and spoon over cake as soon as it comes out of oven.
- Cool before removing from pan.

Amaretto Cheesecake



Yield > 12

Keys : Alcoholic Italian Italy European Mediterranean

Ingredients :

3	pkt	cream cheese 8oz.
1	cup	sugar
4	lrg	eggs
1 / 3	cup	amaretto
1 1 / 2	cup	graham cracker crumbs
1	tsp	cinnamon
1 / 4	cup	sugar
6	tbl	butter, melted
8	oz	sour cream
1	tbl	sugar, (plus 1 teaspoon)
1	tbl	amaretto

Method :

- 1. Mix graham cracker crumbs, cinnamon, sugar and butter. Pat mixture in bottom of a 9 inch spring form pan.
- 2. Beat cram cheese until light and fluffy. Gradually beat in 1 cup sugar. Add eggs one at a time beating well after each addition.
- 3. Pour into and bake in a pre-heated 375 oven for 45-50 minutes.
- 4. Mix the sour cream, sugar and amaretto. Spoon the mixture over the cheesecake when done and return to oven for 5 minutes at 500'. Let ripen 48 hours in the refrigerator.
- 5. Top with 1/4 cup sliced toasted almonds, and chocolate curls before serving.

Amaretto Cheesecake From Loren Martin

Yield > 10

Keys : Alcoholic Cheesecake Italian Italy European Mediterranean

Ingredients :

1 1/2	cup	graham cracker crushed
1/2	stk	butter, melted
15	oz	ricotta cheese
8	oz	cream cheese
4	x	eggs, lightly beaten
1/2	cup	sugar
1/3	cup	amaretto liquor
1	tsp	vanilla
1/4	tsp	salt

Method :

- Great topped with strawberry jam. Combine crumbs of graham crackers and butter; press over bottom and sides of greased 9 inch spring-form pan. Chill.
- Preheat oven to 325. Beat together ricotta and cream cheese until smooth. Pour mixture into pan; bake 1 hour and 15 minutes, or until firm in middle. Cool 30 minutes in pan before removing. Cool completely (preferably in refrigerator overnight) before serving. Top with fresh fruit, or jam.

Amaretto Cheesecake with Apricot Glaze



Yield > 1

Keys : Alcoholic Cakes Cheese Desserts Italian Italy European Mediterranean

Ingredients :

		crust
1	cup	graham wafer crumbs
1/2	cup	almonds, chopped toasted
1	x	unblanched
2	tbl	sugar
1/4	cup	butter, melted

Method :

- CRUST: Combine ingredients; press onto bottom of a 9-inch spring form pan.
- Set aside. FILLING: Combine cream cheese, sugar, and flour, mixing until well blended. Add eggs, one at a time, mixing just until combined. Blend in sour cream and liqueur; pour over crust. Bake in 450F oven 10 minutes. Reduce oven temperature to 250F; continue baking for 1 hour. Run knife around rim of pan ; cool on wire rack. Chill. GLAZE: To glaze cake, combine jam and liqueur in a saucepan; heat until warm and smooth. Strain mixture and pour over cheesecake before removing sides of pan. Garnish if desired.

		filling-
4	pkt	cream cheese, (250g), softened
1	cup	sugar
3	tbl	flour
4	x	eggs
1	cup	sour cream
1 / 4	cup	amaretto di saronno liqueur
		glaze--
1 / 2	cup	apricot jam
1	tbl	amaretto di saronno liqueur

- Makes 10-12 servings.

Amaretto Cheesecake with Raspberry Sauce



Yield > 8

Keys : Alcoholic Berry Berries Pie Italian Italy European Mediterranean

Ingredients :

BASE		
1 / 4	cup	butter

Method :

- Base: In 9-inch microwavable quiche dish, shallow round baking dish or deep pie plate, melt butter at high (100 per cent power) 1 to 1 1/2 minutes. Stir in almonds and sugar until evenly coated with butter. Press into bottom and sides of dish. Microwave at high 2 to 3 minutes or until firm. If necessary,

2	cup	almonds, chopped
2	tbl	granulated sugar
FILLING		
12	oz	cream cheese, softened
1/2	cup	granulated sugar
3	x	eggs
1	cup	sour cream
2	tbl	amaretto
1/2	tsp	vanilla
1/2	tsp	almond extract
SAUCE		
3	cup	raspberries, frozen, unsweetened, thawed
2	tbl	amaretto
		sugar

rotate dish during cooking.

- Filling: Beat cream cheese and sugar until light. Beat in eggs one at a time. Add sour cream, 2 tablespoons Amaretto or almond liqueur, vanilla and almond extract. Beat until smooth. Pour into baked crust.
- Microwave uncovered at medium (50 per cent power) 14 to 18 minutes or until cheesecake is almost set in center. Rotate dish partway through cooking, if necessary.
- Cool on countertop to room temperature, then cover and refrigerate until serving time.
- Sauce: Reserve some whole raspberries for garnish. Puree remaining raspberries. Push through sieve to remove seeds. Stir 2 tablespoons Amaretto or almond liqueur into puree. Add sugar to taste.
- To serve, spoon some sauce on to dessert plates. Place slice of cheesecake on sauce. Garnish with reserved berries.
- Makes 6 to 8 servings.
- If you prefer, use 1 cup graham cracker crumbs with 1/2 cup finely chopped almonds for the crust. Use a food processor and pulse to chop nuts to an even consistency, rather than a fine powder. Also, you could substitute strawberries for the raspberries. To omit liqueur, increase almond extract in the filling to 1 teaspoon and use just a drop in the raspberry puree.

Amaretto Chocolate Cheesecake



Yield > 16

Keys : Alcoholic Cheesecakes Italian Italy European Mediterranean

Ingredients :

		crust---

Method :

- MAKE CRUST: Butter the sides only (not the bottom) of a 9-inch spring-form pan (about 2 1/2 to 3 inches deep). Grind the Amaretti very fine in a food processor or blender. Mix with

7	oz	amaretti, (see note)
2	tbl	granulated sugar
5	tbl	sweet butter
1	oz	chocolate, unsweetened (1 square)
		filling-
6	oz	chocolate, semisweet
7	oz	amaretti
4	oz	almond paste
1 / 3	cup	amaretto liqueur
1 / 4	cup	sugar, granulated
1 1 / 2	lb	cream cheese (room temperature)
4	lrg	eggs
1 / 2	cup	heavy cream

sugar in a mixing bowl.

- Melt the chocolate and butter in the top of a double boiler, stirring occasionally. Add the melted mixture to the Amaretti crumbs and sugar and mix thoroughly. (Don't wash the double boiler; you'll be using it again in a minute.) Turn the mixture into the prepared pan. With your fingers, distribute it evenly over the bottom and press it down into a very firm, compact layer.
- Refrigerate while you prepare the filling.
- MAKE FILLING: Adjust rack 1/3 up from the bottom of the oven and preheat to 350F. Partially melt chocolate in the top of a double boiler, then uncover and stir until completely melted. Remove the top of the double boiler and set aside to cool.
- Break the Amaretti coarsely into a bowl and set aside. Cut the almond paste into small pieces, and beat on low speed with an electric mixer, while gradually adding the Amaretto liqueur. Beat until thoroughly mixed and set aside.
- Beat the cream cheese with an electric mixer until smooth. Add the sugar and beat until smooth again. Add the almond paste-Amaretto mixture and beat until thoroughly mixed. Add the melted chocolate and beat well again. Add the eggs one at a time, beating at low speed until they are incorporated after each addition. Add the heavy cream and beat until smooth. Add the coarsely broken Amaretti and stir gently only to mix.
- Turn into the prepared pan, pouring the mixture over the bottom crust. Rotate the pan gently to level the batter. (Don't worry if the mixture comes almost to the top; it won't run over.) Bake 45 minutes. It will seem soft and not done, but don't bake any more; it will become firm when chilled. The top of the cake is supposed to look bumpy because of the large chunks of Amaretti.
- Let cool completely at room temperature, then carefully remove the sides of the pan and refrigerate the cake (still on the bottom of the pan) for 4 to 6 hours, or overnight.
- Desserts," (Knopf 1980). It won me a blue ribbon at the Martha's Vineyard Agricultural Exhibition and Fair in 1983. If you ever find yourself in front of a firing squad, this makes an unbeatable last request.
- * Amaretti are Italian almond-flavored wafer cookies. They are usually sold in metal tins with the wafers wrapped in packages of two inside the tin. You can also buy Amarettini, which are the same flavor but much smaller and not individually wrapped. Since you're going to grind some of the wafers and break the others into chunks, it doesn't matter which size you start with. One brand is Amaretti di Saronna, Lazzaroni and Co.
- * This is an expensive cake, both in terms of the cost of the ingredients

Amaretto Compote

Yield > 1 Servings

Keys : Desserts Alcoholic Italian Italy European Mediterranean Warm

Ingredients :

2	cup	Water
1	cup	Pitted prunes
1	cup	Dried appricots
2	med	Red pears, cored and sliced
1 / 4	cup	Sugar
1	cup	Amaretto
1	tsp	Shredded lemon peel

Method :

- In a medium saucepan combine water, prunes, and apricots. Bring to a boil.
- Remove from heat and let stand for 15 min. Drain, reserving 1/2 cup liquid.
- Leave prunes and apricots on the side. In the 1/2 cup liquid, combine pears, Amaretto, sugar and lemon peel. Cover and simmer 10 minutes until the pears are crisp-tender. Stir in prunes and apricots and heat through.
- Serve warm over vanilla ice-cream or frozen yogurt. Also makes a wonderful topping for pound cake.

Amaretto Cookies



Yield > 36

Keys : Cookies Alcoholic Italian Italy European Mediterranean

Ingredients :

1 / 2	cup	Butter
2	tbl	Molasses
2	x	Eggs
1	cup	Almonds, ground toasted
1 / 2	tsp	Lemon rind grated
1	tsp	Almond extract
1 / 2	cup	Amaretto liqueur
2	cup	Pastry flour, whole wheat

Method :

- Cream together butter and molasses. Add eggs, ground almonds, lemon rind and almond extract; mix well. Stir in Amaretto alternately with flour. Drop by teaspoonsful onto unoiled cookie sheets. Bake at 350 degrees for 12-15 minutes. Cookies will be golden brown when done.

Amaretto Cream Filled Cake



Yield >	6

Keys : Alcoholic Italian Italy European Mediterranean

Ingredients :

1	x	sponge cake
1 / 2	cup	hazelnuts
1 / 4	cup	amaretto
1 / 4	cup	light rum
1 1 / 3	cup	whipping cream
1 / 3	cup	powdered sugar
1 / 3	cup	almonds, blanched, chopped, toasted
1	oz	unsweetened chocolate, grated

Method :

- Bake hazelnuts in ungreased baking pan at 400F for 5 minutes or until skins begin to crack. Wrap hazelnuts in clean towel. Let stand 2 minutes. Rub hazelnuts in towel to remove skins. Chop hazelnuts. Return to baking pan. Bake about 8 minutes until golden.

Amaretto Cream Filled Cake (Zuccotto Ripieno

Yield >	6 servings

Keys : Nuts Alcoholic Cakes Desserts Frostings Italian Italy European Mediterranean

Ingredients :

1	x	Sponge Cake
1 / 2	cup	Hazelnuts
1 / 4	cup	Amaretto
1 / 4	cup	Light rum
1 1 / 3	cup	Whipping cream

Method :

- Bake hazelnuts in ungreased baking pan at 400 for 5 minutes or until skins begin to crack. Wrap hazelnuts in clean towel. Let stand 2 minutes. Rub hazelnuts in towel to remove skins. Chop hazelnuts. Return to baking pan. Bake about 8 minutes until golden brown, stirring occasionally. Cool. Cut 4-inch circle from cake. Cut remaining cake into 1-inch pieces. Mix together amaretto and rum and sprinkle over cake. Line large bowl with waxed paper. Butter waxed paper. Place cake circle on bottom of bowl. Line side of bowl with three-fourths of the cake pieces. Beat together whipping cream and powdered

1 / 3	cup	Powdered sugar
1 / 3	cup	Almonds, blanched, chopped, toasted
1	oz	Unsweetened chocolate, grated

sugar in chilled medium bowl until stiff. Fold in hazelnuts, almonds and chocolate. Spoon filling into cake-lined bowl. Place remaining cake pieces on filling. Cover and refrigerate 2 hours. Invert onto serving plate. Remove bowl and waxed paper. Sprinkle with additional grated chocolate if desired.

Amaretto Hazelnut Macaroon Cheesecake

Yield > 1

Keys : Alcoholic Nuts Pie Italian Italy European Mediterranean

Ingredients :

HAZELNUT CRUST		
1	cup	hazelnuts, roast 10 min at 350
3	x	egg whites
2	tsp	vanilla
2	cup	powdered sugar
1 / 2	cup	sugar
1 / 8	tsp	salt
FILLING		
1 / 2	cup	amaretto
3	tsp	gelatin, unflavored
2	tsp	vanilla
1 1 / 2	lb	cream cheese
3 / 4	cup	sugar
2	tbl	lemon juice
1	tsp	lemon zest
2	cup	cream

Method :

- Hazelnut macaroon: heat oven to 350. grease 10 inch spring form pan. line with parchment (DO NOT USE WAX PAPER AS IT STICKS HORRIBLY !). grease parchment.
- line a cookie sheet with greased parchment
- whisk together eggs and vanilla. remove as much skin from the hazelnuts as is convenient. chop the nuts in a food processor with one cup of the powdered sugar for 30 sec. add both powdered and regular sugar. pulse a few times to combine. with processor running, pour in egg mixture. process for 15 sec until smooth
- reserve 1/2 - 1/3 cup batter. pour remaining into spring form, smooth with spatula. pour reserved batter onto cookie sheet, spread in a 7-8 inch disk
- bake crust 25-30 minutes, disk 20-25 minutes cool on wire rack
- chop op the disk into 1/8 inch pieces and soak in 1/4 amaretto (DO NOT SOAK FOR MORE THAN 15 MIN OR THEY GET SOGGY !)
- carefully remove crust (VERY CAREFULLY). replace bottom of spring form with foil wrapped cardboard circle. replace crust
- amaretto cheesecake filling: sprinkle gelatin over 1/4 cp amaretto, let stand 5 minutes heat in sauce pan with hot (not boiling) water stirring for 4 minutes. leave in hot water to stay warm
- beat cream cheese in mixer for 1 minutes add lemon juice and zest, mix. beat cream to soft peaks. fold 1/3 cream into cream cheese. fold in remaining whipped cream. fold in soaked macaroon disk bits
- scrape into prepared pan, cover with plastic wrap. refrigerate at least 3 hrs.
- (preferably overnight)

Amaretto Peach Cheesecake



Yield > 10

Keys : Cakes Desserts Alcoholic Fruit Pie Italian Italy European Mediterranean

Ingredients :

3	tsp	Margarine
1/3	cup	Sugar
1	x	Large Egg
3/4	cup	Unbleached All-purpose Flour
24	oz	Cream Cheese, Softened
3/4	cup	Sugar
3	tsp	Unbleached All-purpose Flour
3	x	Large Eggs
16	oz	Canned Peach Halves *
1/4	cup	Almond Flavored Liqueur

Method :

- * Peach halves should be drained, and then pureed.
- Combine margarine and sugar until light and fluffy. Blend in egg. Add flour; mix well. Spread dough onto bottom of 9-inch springform pan. Bake at 450 degrees F., 10 minutes.
- Combine cream cheese, sugar and flour; mixing at medium speed on electric mixer until well blended.
- Add eggs, one at a time, mixing well after each addition. Add peaches and liqueur; mix well. Pour over crust. Bake at 450 degrees F., 10 minutes.
- Reduce oven temperature to 250 degrees F.; continue baking 65 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Chill. Garnish with additional peach slices and sliced almonds, if desired.

Amaretto White Italian

Yield > 1

Keys : Alcoholic Drinks Beverages Italian Italy European Mediterranean

Ingredients :

1	oz	Vodka
1	oz	Amaretto
		fill cream

Method :

- Ice // rocks or blended // frozen
- (add 2 scoop ice cream or mix)

Amaretto Zabaglione

Yield > 4 people

Keys : Desserts Alcoholic Hot Sauce Party Italian Dessert Italian Italy European Mediterranean

Ingredients :

5	x	egg yolks
1/4	cup	sugar (caster)
1/4	cup	Amaretto

Method :

- *Almond praline:
  In a very clean saucepan, heat sugar and almonds until sugar begins to turn golden brown. Remove from heat and pour onto a lightly greased tray; cool. Crush or process into coarse pieces and set aside.

		(or white wine)
1	cup	cream
ALMOND PRALINE:		
1 / 2	cup	sugar (caster)
1 / 2	cup	almonds, unsalted

- Combine egg yolks and sugar in a heatproof bowl and beat until creamed. Add amaretto, place over a pan of simmering water and whisk vigorously until mixture is thick and creamy. A balloon whisk is best for this. Remove from heat and allow to cool to room temperature.
- Whip cream until soft peaks form. Fold into egg mixture with half the crushed almond praline.
- Pour over poached peaches or pears and sprinkle with remaining toffee.
- A traditional Italian dessert cream that's great poured over fresh or poached fruit.

Amatriciana Sauce



Yield > 6

Keys : Sauce Italian Italy European Mediterranean

Ingredients :

1 / 3	cup	olive oil
4	x	onions, coarsely chopped
8	oz	Canadian bacon, sliced, cut into 3/4" square
		OR sliced smoked ham
4	x	cloves garlic, crushed
2	can	, large plum tomatoes , in juice, 35 oz. each can
		(4 cups tomatoes)
2	tsp	sugar
3 / 4	cup	dry red wine
		salt and freshly ground black pepper, to taste

Method :

- Heat oil in a medium size heavy saucepan over medium-high heat. Add the onions, and sauteefor 10 minutes. Stir in the bacon and garlic, and sauteefor 5 minutes more. Stir in the tomatoes, sugar and wine. Season to taste with salt and pepper. Simmer, uncovered, for 45 minutes, stirring occasionally.

Amazing Low-Fat Cannoli



Yield >	1

Keys : Desserts Italian Italy European Mediterranean

Ingredients :

FOR THE FILLING		
2	**pt**	no-fat or low-fat ricotta cheese
6	**tbl**	sugar or to taste
1	**tsp**	rosewater
1 / 2	**tsp**	vanilla extract
1	**tsp**	cornstarch dissolved in
1	**tsp**	water
1	**tbl**	melted butter or canola oil
		(or more spray oil)
1	**tbl**	chopped toasted pistachio nuts
TO FINISH THE CANNOLI		
		Spray oil as needed
12	**x**	four-inch wonton wrappers

Method :

- The night before, place the ricotta in a yogurt strainer or cheesecloth or paper-towel-lined strainer over a bowl. Drain overnight in the refrigerator. Discard the whey.
- Preheat oven to 400 degrees. Lightly spray 12 cannoli tubes with spray oil. Starting with the corner of one wonton wrapper in the center, roll the wrapper around the tube. Glue the opposite corner to the tube with a dab of cornstarch paste. Brush the outside of the cannoli with melted butter or oil, or spray with more oil. Roll up all the wrappers the same way. Bake the cannoli until golden brown and crisp, about 4 to 6 minutes. Let cool slightly, then slide the pastry shells off the tubes. Let the shells cool to room temperature on a wire rack.
- Finish the filling: In a large bowl, combine the drained ricotta, sugar, rosewater, and vanilla and whisk to mix. Correct the sweetness, adding sugar or rosewater to taste. Transfer the filling to a piping bag fitted with a 1/2-inch star tip. The recipe can be prepared several hours ahead to this stage. Store the shells in an airtight container. Store the filling in the refrigerator, up to 24 hours.
- Just before serving, pipe the ricotta mixture into the pastry shells, a little into each end. As you withdraw the piping tube, make a rosette at each end. Sprinkle the ends with chopped pistachios and serve at once.
- This recipe yields 12 cannoli.
- Comments: There is a secret to this lowfat version of the popular Sicilian dessert: The pastry tubes are made with Chinese wonton wrappers, which are baked instead of fried. The recipe is extremely easy to make, but you must start the night before to drain the cheese.
- Yield: 12 cannoli

American Lasagna (Usda)



Yield > 24

Keys : Pasta Freezes Italian Italy European Mediterranean Usa American States North American

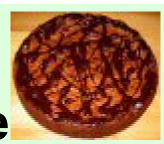
Ingredients :

2 1/4	lb	lean ground beef
1/3	cup	instant minced onion
3/4	tsp	garlic powder
4	tsp	salt
3/8	tsp	red pepper, crushed
1	tbl	oregano
3	tbl	parsley flakes
18	oz	tomato paste, 3 (6-oz) cans
24	oz	tomato sauce, 3 (8-oz) cans
2 1/4	cup	hot water
3	lrg	eggs, beaten
3	lb	cream style cottage cheese
1	lb	lasagna noodles, cooked, (18 noodles)
12	oz	processed cheddar cheese, shredded
3/4	cup	parmesan cheese

Method :

- Line four 8x8-inch baking pans with heat-resistant freezer wrap. Allow enough extra wrap to fold over top. Use one pan for each six servings or one-fourth of the recipe. Do not line pans for food to be served without freezing.
- Crumble beef; cook until lightly browned. Stir in onion. Cook until onion is tender. Drain off fat. Stir in seasonings, tomato paste, tomato sauce, and water. Simmer for 5 minutes, stirring occasionally. In another bowl, blend eggs with cottage cheese.
- In each pan, spread a layer of meat mixture (about 3/4 cup). Add a layer each of noodles (2 1/4), meat mixture (about 3/4 cup), cottage cheese mixture
- (about 3/4 cup), processed cheese (1/3 cup), and parmesan cheese (1 1/2 tablespoons). Repeat layers until all ingredients are used. Pack food tightly to avoid air pockets.
- TO SERVE WITHOUT FREEZING Preheat oven to 400F. (hot). Bake 30 minutes or until sauce bubbles at edges.
- TO FREEZE Cool for 30 minutes at room temperature. Complete wrapping by pulling paper up over top of food. Put edges of wrap together and fold several times so paper lies directly on top of food. Fold ends of freezer wrap over the top and seal with freezer tape. Label with name of food, date of freezing, and last date the food should be used for best eating quality (about 6 months). Freeze for 10-12 hours before removing packages from the pans.
- TO HEAT FROZEN FOOD Preheat oven to 400F. (hot). Remove freezer wrap. Place food in baking pan. Bake 1 1/4 hours or until sauce bubbles at edges and center is hot.
- VARIATION Italian Lasagna - Use ricotta cheese in place of cottage cheese and mozzarella cheese in place of processed cheddar cheese.

Amore-the Italiano Love Cake



Yield > 1 Servings

Keys :

Ingredients :

CAKE		
1 1/4	cup	Powdered sugar, sifted
1	cup	Cake flour
15	lrg	Egg whites, (1 1/2 cups)
1 1/2	tsp	Cream of tartar
1 1/2	tsp	Vanilla extract
1/4	tsp	Almond extract
1/4	tsp	Salt
1	cup	Granulated sugar
FILLING AND TOPPING		
1/2	cup	Amaretto
1	pt	Pistachio ice cream, softened
1	pt	Chocolate ice cream, softened
2	cup	Heavy cream
1	cup	(6 oz.) semisweet chocolate chips for garnish

Method :

- 1. Position a rack in the center of the oven and preheat the oven to 375 F.
- 2. To make the cake, combine the powdered sugar and cake flour.
- 3. In a large bowl, using an electric mixer on high speed, beat the egg whites, cream of tartar, vanilla extract, almond extract, and salt until well mixed and soft peaks form. Beat in the sugar, a little at a time , and beat until stiff but not dry. With a rubber spatula, fold in the dry ingredients until the flour is just incorporated. Pour the mixture into an ungreased 10-inch tube pan, shaking the pan lightly.
- 4. Bake for 30 to 35 minutes, or until the top springs back when touched and is golden brown. Invert the pan onto a bottle or funnel and cool completely.
- 5. To assemble, using a serrated knife, cut the cake into three layers.
- Sprinkle each layer with some of the amaretto. Place one layer on a serving plate. Spread the pistachio ice cream on the bottom layer and top with the second layer. Spread the chocolate ice cream on the second layer and top with the third layer. Freeze the cake for 20 to 30 minutes, or until set.
- 6. Meanwhile, to make the topping, in a chilled bowl, using an electric mixer on medium speed, beat the heavy cream and the remaining amaretto until it forms soft peaks. Spread on the top and sides of the cake. Return to the freezer.
- 7. Meanwhile, in a small saucepan, over low heat, melt the chocolate chips, stirring until smooth.. Line a baking sheet with aluminum foil. Pour the melted chocolate onto the prepared pan, spreading it 1/4 inch thick. Let chocolate set for 15 minutes. Using an oiled heart shaped cookie cutter, cut out hearts. Place them on top of the cake. Keep cake in the freezer until ready to serve.
- My notes: This was absolutely wonderful, however next time I am going to start with a boxed angel food cake mix. Also I had to let the chocolate set more than 15 minutes before I could cut it, I guess my house was too warm. and now that soda pop no longer comes in bottles and funnels are mostly plastice, I had a very hard time finding somewhere to invert the cake, finally I just used the full amaretto bottle. The source for this recipe is: 1001* Chocolate Treats by Gregg R. Gillespie

Amy's Crusty Italian Loaf pt 1



Yield > 3 Servings

Keys : Breads Italian Italy European Mediterranean Italian

Ingredients :

1 / 4	cup	Very warm water, (105 to 115 degrees)
3 / 4	tsp	Active dry yeast
1	cup	Cool water, (75 degrees)
1 1 / 2	cup	Sponge Starter, recipe follows
3 1 / 2	cup	Unbleached allpurpose flour
1	tbl	Plus 1 teaspoon Kosher salt

Method :

- Combine the warm water and yeast in a large bowl and stir with a fork to dissolve the yeast. Let stand for 3 minutes.
- Add the cool water and sponge starter to the yeast mixture and mix with your fingers for about 2 minutes, breaking up the sponge. The mixture should look milky and slightly foamy.
- Add the flour and salt and mix with your fingers to incorporate the flour, scraping the sides of the bowl and folding the ingredients together until the dough gathers into a mass. It will be wet and sticky, with long strands of dough hanging from your fingers. If the dough is not sticky, add 1 tablespoon of water.
- Move the dough to a lightly floured surface and knead for about 5 minutes, until it becomes supple and fairly smooth. This is a sticky, wet dough; don't be tempted to add more flour to the work surface. Just dust lightly and use a dough scraper as necessary to loosen the dough from the table during kneading. Allow the dough to rest for 15 minutes, covered with oiled plastic wrap. (This rest period is the autolyse.)
- Knead the dough 3 to 5 minutes, until it is stretchy and smooth, yet still slightly sticky. Shape the dough into a loose ball, place it in a lightly oiled bowl, and turn the dough in the bowl to coat with oil. Cover the bowl tightly with plastic wrap and let the dough rise at room temperature (75 to 77 degrees) for about 1 hour, or until the dough looks slightly puffy but has not doubled.
- Place the dough in the refrigerator for at least 8 hours, or preferably, overnight to let it relax, develop flavor, and become more manageable.
- Take the dough from the refrigerator and let it sit at room temperature for 1 to 2 hours, until it begins to warm up

and starts to rise.

- Flour a work surface well and gently dump the dough onto it. Divide the dough into three equal pieces, about 13 ounces each. Gently flatten one piece, pressing out some of the air bubbles, and stretch it into a rectangle. Fold the top third down and the bottom third up as if you were folding a business letter. Now form the loaf into a short baguette by rolling the dough over from left to right and sealing the seam with the heel of your palm. Fold the dough over about 1/ 3 of the way each time, seal the length of the loaf, then repeat. You want to gently draw the skin tight over the surface of the loaf while leaving some air bubbles in the dough.
- Seal the seam, being careful not to tear the skin of the dough or deflate its airy structure. Do not elongate. These loaves are about 10 inches long.
- Cover an area on the work surface with a thick layer of flour and place the loaf, seam side down, on the flour. Repeat with remaining pieces of dough.
- The loaves will be loose and slightly irregular in shape. Leave plenty of space between the loavesthey will spread as they rise. Cover the loaves with well oiled plastic and let them rise for 1 to 2 hours, until bubbly and loose.
- Thirty minutes before baking, preheat the oven to 475 degrees. Place a baking stone in the oven to preheat and position an oven rack just below the stone.
- Sprinkle a peel very generously with cornmeal. Line an upside down baking sheet with parchment paper and sprinkle very generously with cornmeal. Lift one loaf, flip it over so the floured side is on top, and gently tug on the ends to stretch the loaf to the full length of the peel, or about 14 inches on a pan. Repeat with the remaining loaves, placing 2 on the peel and 1 on the pan. Dimple each loaf with your finger in about 6 places, but don't deflate them too much. Be sure the loaves are loosened
- continued in part 2

Amy's Crusty Italian Loaf pt 2



Yield > 3 Servings

Keys : Breads Italian Italy European Mediterranean Italian

Ingredients :

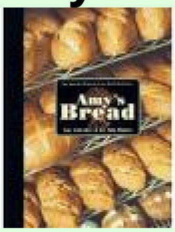
		See part 1

Method :

- From the peel, then carefully slide them onto the baking stone. Place the pan of bread on the rack below the stone. Using a plant sprayer, quickly mist the loaves with water 8 to 10 times, then quickly shut oven door. Mist the loaves again after 1 minute. Then mist again 1 minute later.

- Bake for about 10 minutes, then reduce the temperature to 450 degrees and bake 15 minutes longer or until the loaves sound slightly hollow when tapped on the bottom and the crust is a medium to dark brown. (If the crust is not brown enough, the loaves will soften as they cool.) Transfer the bread to a rack to cool for at least 30 minutes before serving.

Amy Scherber's Crusty Italian Loaf



Yield > 3 Loaves

Keys : Breads Italian Italy European Mediterranean

Ingredients :

3 / 4	tsp	Active dry yeast
1 / 4	cup	(2 ounces) very warm
		Water(105 to 115 degrees F)
1	cup	(8 ounces)cool water (75 Degrees F)
1 1 / 2	cup	(12 ounces) Sponge Starter
		(recipe follows)
3 1 / 2	cup	(16 ounces) unbleached
		All-purpose flour
1	tbl	Plus 1 teaspoon Kosher salt

Method :

- A sponge starter bread
- Combine the warm water and yeast in a large bowl and stir with a fork to dissolve the yeast. Let stand for 3 minutes.
- Add the cool water and sponge to the yeast mixture and mix with your fingers for about 2 minutes, breaking up the sponge. The mixture should look milky and slightly foamy. Add the flour and salt and mix with your fingers to incorporate the flour, scraping the sides of the bowl and folding the ingredients together until the dough gathers into a mass. It will be wet and sticky, with long strands of dough hanging from your fingers. If the dough is not sticky, add 1 tablespoon of water.
- Move the dough to a lightly floured surface and knead for about 5 minutes, until it becomes supple and fairly smooth. This is a sticky, wet dough; don't be tempted to add more flour to the work surface. Just dust lightly and use a dough scraper as necessary to loosen the dough from the table during kneading. Allow the dough to rest for 15 minutes, covered with oiled plastic wrap. (This rest period is the autolyse.)
- Knead the dough 3 to 5 minutes, until it is stretchy and smooth, yet still slightly sticky. Shape the dough into a loose ball, place it in a lightly oiled bowl, and turn the dough in the bowl to coat with oil. Cover the bowl tightly with plastic wrap and let the dough rise at room temperature (75 to 77 degrees F) for about 1 hour, or until the dough looks slightly puffy but has not doubled.
- Place the dough in the refrigerator for at least 8 hours, or preferably, overnight to let it relax, develop flavor, and become more manageable.
- Take the dough from the refrigerator and let it sit at room temperature for 1 to 2 hours, until it begins to warm up and starts to rise.
- Flour a work surface well and gently dump the dough onto it. Divide the dough into three equal pieces, about 13 ounces each. Gently flatten one piece, pressing out some of the air bubbles, and stretch it into a rectangle. Fold the top third down and the bottom third up as if you were folding a business letter. Now form the loaf into a short baguette by

rolling the dough over from left to right and sealing the seam with the heel of your palm. Fold the dough over about 1/ 3 of the way each time, seal the length of the loaf, then repeat. You want to gently draw the skin tight over the surface of the loaf while leaving some air bubbles in the dough. Seal the seam, being careful not to tear the skin of the dough or deflate its airy structure. Do not elongate. These loaves are about 10 inches long. Cover an area on the work surface with a thick layer of flour and place the loaf, seam side down, on the flour. Repeat with remaining pieces of dough. The loaves will be loose and slightly irregular in shape.

- Leave plenty of space between the loaves they will spread as they rise.
- Cover the loaves with well oiled plastic and let them rise for 1 2 hours, until bubbly and loose.
- Thirty minutes before baking, preheat the oven to 475 degrees F. Place a baking stone in the oven to preheat and position an oven rack just below the stone.
- Sprinkle a peel very generously with cornmeal. Line an upside-down baking sheet with parchment paper and sprinkle very generously with cornmeal. Lift one loaf, flip it over so the floured side is on top, and gently tug on the ends to stretch the loaf to the full length of the peel, or about 14 inches on a pan. Repeat with the remaining loaves, placing 2 on the peel and 1 on the pan. Dimple each loaf with your finger in about 6 places, but don't deflate them too much. Be sure the loaves are loosened from the peel, then carefully slide them onto the baking stone. Place the pan of bread on the rack below the stone. Using a plant sprayer, quickly mist the loaves with water 8 to 10 times, then quickly shut oven door. Mist the loaves again after 1 minute. Then mist again 1 minute later.
- Bake for about 10 minutes, then reduce the temperature to 450 degrees and bake 15 minutes longer or until the loaves sound slightly hollow when tapped on the bottom and the crust is a medium to dark brown. (If the crust is not brown enough, the loaves will soften as they cool.) Transfer the bread to a rack to cool for at least 30 minutes before serving. BAKERS'

An Authentic Central Italian Cacciatore



Yield > 4)

Keys : Italian Italy European Mediterranean

Ingredients :

1 1/2	kg	jointed poultry, rabbit or any game
2	tbl	oil
1	lrg	onion, finely chopped

Method :

- Fry the meat in the oil until golden all over, and place the fried meat in an ovenproof dish. Pour off most of the pan juices, leaving a tablespoon or so. Add the finely-chopped onion and crushed garlic and cook gently until onion is transparent. Add the wine and the vinegar and boil to reduce by half. Add the sieved tomatoes, basil and sugar and cook a minute. Pour tomato mixture over meat and put into a

1	x	clove of garlic
1/2	cup	dry white wine
1	tbl	fresh basil
1	tsp	sugar
1 1/2	tbl	white wine vinegar
1	can	peeled plum tomatoes, sieved
3	x	anchovy fillets
60	gm	whole black olives (pitted if preferred)
1	tbl	fresh Italian parsley, chopped

moderate oven for an hour.

- Meanwhile, soak the anchovy fillets five minutes and drain. Remove meat from oven after cooking, and remove meat joints to the serving dish. Pour tomato mixture into saucepan, boil and add chopped anchovy and olives, plus chopped Italian parsley. Pour sauce over meat joints, then serve with chunks of bread.

An Italian Bouillabaisse



Yield > 1

Keys : Italian Italy European Mediterranean

Ingredients :

The Broth:		
1/2	cup	chopped fresh fennel weed
1/4	cup	yellow cornmeal
1	x	8oz bottle (1 cup) clam juice
1	med	(3/4 cup) yellow onion - chopped
1	x	bulb fresh fennel - sliced 1/4in thick and separated into rings
2	x	bay leaves
1	x	6oz. can tomato paste

Method :

- In a Dutch oven or stock pot, heat the olive oil over medium heat. Fry the garlic until just light brown. Add the onions cook several minutes. Add the remaining ingredients and continue to cook over medium heat, stirring occasionally, until slightly thickened and the flavors are blended (approx. 1 hour 15 to 30 minutes)
- Meanwhile prepare the seafood leaving tails on shrimp. Srcub the mussels removing the beard and remove lobster shell. Add swordfish, redsnapper, lobster and mussels to broth. Continue cooking, stirring occasionally, until fish flakes with a fork and mussels open (10 to 15 minutes). Stir in the shrimp. Continue cooking until shrimp turn pink. Remove bay leaves and discard any mussels that do not open. Add red pepper flakes as desired to spicen the mixture Spoon over your favorite pasta (Angel Hair) or just eat it out of a bowl as the soup dejour.
- Will feed 10 very hungry fishermen as the soup dejour only. Nutritional Facts

1	tbl	dried basil leaves
2	x	14oz. cans of chicken broth
1	x	28oz. can Italian-stlye tomatoes - cut up
1/2	tsp	salt and course ground pepper
2	x	or 3 hot red peppers - chopped fine
2	x	or 3 pinches red pepper flakes
5	x	or 6 clv garlic - chopped fine
2	tbl	red wine vinegar
2	tbl	olive oil
1	qt	Bold Tomato Sauce or substitute 1 jar Ragu Hearty Parmesan Sauce
Seafood:		
1	lb	fresh raw shrimp - cleaned and deveined
1	lb	swordfish steaks - cut into 1-1/2in. pieces
1	lb	red snapper fillets - cut as above
1	lb	mussels - in shell and scrubbed
2	x	8oz lobster tails - shelled & cut into 1in. pieces

- (1 serving)

An Italian Snack



Yield > 4

Keys : Italian Italy European Mediterranean

Ingredients :

4	slc	really good bread, sliced thick
1 1/2	oz	dark chocolate

Method :

- Preheat a toaster oven or a regular oven to 450F. Make two sandwiches1/4 arrange half of the

chocolate on one slice of the bread, and place another slice of bread on top. Repeat for the second sandwich.

- Place the sandwiches on a cookie sheet and let them toast in the oven for 5 minutes on each side.
- Remove them from the oven, slice in half, and let them cool for a couple of minutes (otherwise you'll scorch your tongue) before eating them.

Anchovies in Green Sauce (Acciughe in Salsa Verde)



Yield > 6

Keys : Fish Italian Italy European Mediterranean

Ingredients :

300	gm	anchovy fillets cleaned weight
200	gm	freshly copped fresh parsley
2	whl	chillies finely chopped
2	clv	garlic finely chopped
1	tbl	capers finely chopped
4	sm	gherkins finely chopped
		sufficient olive oil for covering

Method :

- Fillet the anchovies if necessary.
- Combine the parsley chillies garlic capers and gherkins with the olive oil.
- Take a china bowl and build alternate layers of anchovies and the green herb sauce until it is all used up.
- Chill until required.
- If the oil congeals in the fridge dont worry as it will melt again once the dish is taken out
- A typical Piemontese speciality which is delicious either as part of an antipasto or as a snack for when you feel a little peckish. It requires a little work filleting saited anchovies to get the best taste so it is better to prepare enough to enjoy for some time. Of course you can use tinned fillets of anchovies in oil. In this case it tates only a minute to make as much as you want.
- To make it even quicker to prepare simply place all the ingredients in a liquidizer and blend until smooth.

- This makes a a creamy consistency but I prefer the mixture of the method above.
- In either case it is delicious but always serve it with pleny of fresh bread to dilute the saltiness.
- Serves 6

Anchovies (or Sardines or Mackerel), Fried Genovese Style

Yield > 4

Keys : Appetizers Fish Ocean Seafood Italian Italy European Mediterranean

Ingredients :

3	qt	Virgin olive oil
1 1/2	lb	Fresh anchovies
		(or sardines or mackerel)
3	x	Eggs
3	x	Garlic cloves very finely chopped
1/4	cup	Finely-chopped Italian parsley
4	cup	Fresh bread crumbs very finely chopped
		Salt to taste
		Freshly-ground black pepper to taste
2	x	Lemons in wedges

Method :

- Heat oil to 375 degrees and maintain heat. Scale and gut anchovies, leaving heads and tails intact (or have your fish monger do this for you).
- In a large mixing bowl, mix eggs, garlic and parsley until well blended. Dip fish 3 or 4 at a time into egg mixture and then into bread crumbs. Shake well to remove excess egg-crumb coating and fry fish 3 to 4 at a time until crisp and golden brown, about 1 to 2 minutes. Remove and drain on a paper towel.
- Serve immediately with salt, pepper and lemon wedges.
- This recipe yields 4 servings as antipasto.

Anchovy and Rosemary Sauce



Yield > 1

Keys : Fish Herbs Italian Italy European Mediterranean

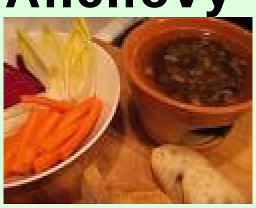
Ingredients :

2	tbl	finely chopped rosemary
12	x	salted anchovy fillets prepared (qv)
1	x	juice of 2 lemons
150	ml	extra virgin olive oil

Method :

- Crush the rosemary in a mortar add the anchovies and pound to a paste.
- Slowly add the lemon juice stirring to blend.
- Finally add the olive oil a drop at a time.
- When about half has been added pour in the remainder in a thin steady stream stirring continuously.
- Alternatively you can use a food processor although this method produces a thicker sauce.
- Put the rosemary in and chop very finely. then add the anchovy and chop to a thick fine paste.
- Pour the oil in slowly.
- Finally add the lemon juice.

Anchovy-Garlic Dip (Bagna Cauda)



Yield > 1

Keys : Fish Italian Italy European Mediterranean Hot

Ingredients :

2	can	(2 oz each) anchovy fillets
1/2	cup	margarine or butter, softened
2	clv	garlic, cut into halves
		Snipped parsley
		Vegetable Dippers (See NOTE)
		or Italian bread sticks

Method :

- Meaning "hot bath," Bagna Cauda is an Italian dish that was traditionally served steaming hot as a cold-weather meal, with lots of fresh bread for dipping.
- Drain anchovies, reserving 1 tablespoon oil. Process anchovies, reserved oil, margarine and garlic in blender on medium speed, scraping sides of blender frequently, about 1 minute. Garnish with parsley.
- Serve at room temperature with Vegetable Dippers.
- Note:
These can include carrot sticks, cauliflower or broccoli flowerets, celery sticks, cucumber or zucchini sticks, green onion pieces, small whole mushrooms, red or green pepper strips, radishes with stems.

Anchovy Pizza



Yield > 1

Keys : Fish Italian Italy European Mediterranean

Ingredients :

7	gm	fresh yeast or 1 teaspoon dried yeast
		sugar
150	ml	lukewarm water

Method :

- To make the dough cream the fresh yeast with a pinch of sugar and a little of the water then add the remaining water. (If using dried yeast dissolve 4 teaspoon sugar in the water sprinkle on the yeast and stir well.)
- Leave to stand in a warm place for about 10 minutes.

225	**gm**	flour
1/2	**tsp**	salt
		Topping
400	**gm**	canned tomatoes drained and chopped
50	**gm**	mozzarella cheese cut into pieces
100	**gm**	back bacon diced
1	**x**	onion chopped
50	**gm**	anchovy fillets soaked and drained
6	**x**	stuffed olives sliced
1/2	**tsp**	dried oregano

- Meanwhile sift the flour and salt into a bowl.
- Make a hollow in the centre and pour in the yeast mixture.
- Fold the flour over the yeast and mix adding more water if necessary.
- Turn on to a lightly floured surface and knead for 10 minutes until you have a smooth dough.
- Return to the bowl cover and leave in a warm place for about 1 hour until double in size.
- Brush a pizza mould or 28 inch loosebased flan tin with oil.
- Roll out the dough to the size of the mould.
- Fit the dough into the mould prick with a fork.
- Spread the tomatoes on the dough.
- Add the cheese bacon and onion.
- Curl up the anchovy fillets and arrange on top with the sliced olives.
- Sprinkle on the oregano.
- Bake at 240 degrees C/475 degrees F/gas g for 10 to 15 minutes.

Anchovy Sauce



Yield > 1

Keys : Fish Italian Italy European Mediterranean

Ingredients :

1/4	x	ciabatta loaf
6	x	salted anchovy fillets prepared (qv) and finely chopped
3	tbl	finely chopped
		flat leaf parsley
1	tbl	salted capers prepared (qv) and finely chopped
1	clv	garlic peeled and crushed
2	x	hard boiled egg yolks
1	tbl	white wine vinegar
2	tbl	extra virgin olive oil
1/4	tsp	freshly ground
		black pepper

Method :

- Soak the bread in 1/2 cup water then squeeze out the liquid.
- Mix the bread with the anchovies parsley capers garlic and elg yolks using a fork.
- Add the vinegar oil and pepper.

Anchovy Zuppetta, Rowboat Style

Yield > 4

Keys : Fish Ocean Main Dish Seafood Italian Italy European Mediterranean

Ingredients :

4	tbl	Extra-virgin olive oil
4	x	Jalapenos seeded, chopped fine
2	tbl	Sliced almonds
1/2	med	Red onion finely chopped
1	cup	Dry white wine
1	cup	Basic Tomato Sauce see * Note
1	lb	Anchovies or sardines cleaned, gutted
2	x	Scallions thinly sliced
10	x	Basil leaves cut chiffonade
10	x	Mint leaves cut chiffonade
		Grilled bread slices

Method :

- In a 12- to 14-inch saute pan, heat oil until smoking. Add jalapenos, almonds and onions and cook until softened and lightly browned, about 2 to 3 minutes. Add white wine and tomato sauce and bring to a boil. Add anchovies and return to boil. Lower heat to simmer and cook through, about 8 to 10 minutes. Pour into warm bowl, sprinkle with scallions, basil and mint and serve with grilled bread drizzled with good oil.
- This recipe yields 4 servings.

Ancini Di Pepe



Yield > 1

Keys : Desserts Pasta Italian Italy European Mediterranean

Ingredients :

3 / 4	cup	ancini di pepe macaroni, cooked, drained and rinsed
1	x	20 oz. can crushed pineapple
1	lrg	can mandarin oranges, (13-16 oz?)
3 / 4	cup	sugar
2	tbl	n flour
2	x	eggs
1 / 4	tsp	salt
1	sm	cont cool whip

Method :

- Cook juice from crushed pineapple and mandarin oranges with sugar, flour, eggs, and salt until thick. Pour over macaroni and fruit mixture. Cool 4 hours or overnight. Add 1 small container of cool whip. Mix well and refrigerate

Andrea's Baked Ziti



Yield > 6 Servings

Keys : Main Dish Italian Italy European Mediterranean

Ingredients :

1	lb	Ziti, cooked
1	lb	Hamburger, cooked
1	x	15 oz pk ricotta cheese
1 / 4	cup	Parsley
1 / 2	cup	Parmesan cheese
1	x	Egg
2	cup	Shredded mozzarella cheese
3	cup	Sauce of your choice

Method :

- Mix ricotta cheese, egg, parsley and parmesan cheese together.
- Careful- ly mix hamburger with this mixture. Add ziti. Mix in 3/4 of the sauce of your choice. Spread in a pan. Put the rest of the sauce on top. Sprinkle mozarella cheese on top. Bake at 350F for 30-35 minutes.

Andy's Chunky Veggie Pasta Sauce

Yield > 4

Keys : Sauces Pastas Beef Meats Italian Italy European Mediterranean

Ingredients :

1/2	lb	lean ground beef
1	med	yellow onion, chopped
1	x	15 oz can peeled tomatoes
		or
3	med	fresh peeled plus
1/2	cup	water
1/2	med	bell pepper (any color), chopped
1/2	cup	sliced mushrooms (canned is fine)
3	stalk	celery, sliced
2	cl	garlic, minced
1	tsp	garlic powder
1	tsp	oregano
1	tsp	basil
1	tsp	rosemary
1/2	tsp	thyme
1	x	dollop good olive oil
		x-tra hot sauce to taste
		fresh ground black pepper
		grated parmesan
		or
		Romano cheese

Method :

- Brown the ground beef with the onions in a medium to large skillet (it should have a lid; alternatively, a large covered saucepan may be used). Drain the fat. Chop the tomatoes into bite-size pieces (do not drain) and add to the beef. Add the mushrooms, celery, pepper and garlic. Add herbs, crushing first, making sure the rosemary needles are well broken-up. Add a dollop (just enough for flavor) of olive oil, grind some pepper on top to taste. Finally, add the hot sauce to taste, remembering that the sauce simmers down and it will concentrate the hot stuff! Cook on medium heat for 5-10 minutes uncovered, then reduce heat, cover, and simmer for 15-20 minutes. Uncover, and reduce sauce until it is the desired consistency. Serve over pasta with grated cheese and crusty bread. Heather

Andy's Italian Cheesecake



Yield > 1 Servings

Keys : Italian Italy European Mediterranean

Ingredients :

2	cup	Sugar
6	lrg	Eggs
1	lb	Ricotta Cheese
1	lb	Cream Cheese
1	tsp	Vanilla Extract

Method :

- Separate eggs and beat whites stiff.
- In a large bowl, thoroughly mix all ingredients except the egg whites. Fold in the egg whites until just completely mixed.
- Butter and lightly flour a 9" spring pan. Pour in the entire mixture.
- Bake at 325 degrees F. for 1 hour - do not open oven door. Without opening oven door, turn off oven and let remain in oven for an additional hour.
- Remove from oven; the cheesecake should be lightly browned and should have several cracks in the center. The center will also be slightly lower than the edges. If you do choose to use a glaze, you will see that this cheesecake forms its own rim. If your oven runs hot or cold, change the temperature by + or - 25 degrees rather than changing the cooking and idle time.
- Insert knife around sides of pan to insure easy removal of spring pan sides. Remove the spring pan sides and place cheesecake and bottom of spring pan on a plate to catch the liquid which will exude during the 3 hours the cheesecake is in the refrigerator. The longer the better in this case. Do not cover.
- This recipe takes about 5 1/2 hours from start to eating. (Much of it free time for other tasks). But it is definitely worth the effort. Enjoy!

Angel Hair Pasta and Stewed Tomatoes

Yield > 1

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

1	box	angel hair pasta
2	can	stewed tomatoes juice from one lemon (small)
1	cup	broccoli, chopped
3	x	cloves garlic, chopped up fine
2	tsp	fresh oregano
1	tsp	basil
1	tsp	thyme

Method :

- Cook pasta. Cook broccoli (steam or boil). Mix pasta, broccoli and rest of ingredients. Its that easy and tastes great! I'll be having it for lunch today.

Angel Hair Pasta with Cilantro



Yield > 4

Keys : Herbs Italian Italy European Mediterranean Cold Warm

Ingredients :

16	oz	sun-dried tomatoes, drained of oil, coarsely
		chopped
4	tbl	oil in which they were packed
16	oz	feta cheese, crumbled
2	bn	fresh cilantro, coarsely chopped
8	oz	angel hair pasta

Method :

- Combine first three ingredients and set aside.
- Cook pasta according to package directions and toss with the tomato, cilantro, cheese mixture. Serve warm or cold.
- Serves 4 as a main course or 8 as a side dish.

Angel Hair Pasta with Cilantro, Sun-Dried Tomatoes and Feta

Yield > 4

Keys : Herbs Cheese Pasta Italian Italy European Mediterranean Cold Warm

Ingredients :

Method :

- Combine first 3 ingredients and set aside. Cook pasta according to directions and toss with the tomatoes, cilantro

8	oz	"bella" sun-dried tomatoes in oil, coarsely chopped
2	tbl	olive oil, from tomatoes
8	oz	feta cheese, crumbled
1	bn	fresh cilantro, coarsely chopped
4	oz	angel hair pasta, cooked

and feta cheese. Serve warm or cold.

Angel Hair Pasta with Lemon and Garlic



Yield > 1

Keys : Citrus Italian Italy European Mediterranean

Ingredients :

INGREDIENTS		
1	tsp	olive oil from jar of sun-dry tomatoes
3	x	garlic cloves, peeled and
		pulverized
1/2	cup	dry white wine
1 3/8	cup	freshly squeezed lemon juice
1/4	cup	chopped sun-dry tomatoes, (the kind in oil)
8	oz	angel harpist, cooked, kept warm
1/4	cup	chopped fresh basil
2	tbl	grated parmesan
		freshly ground black pepper, to taste

Method :

- PREPARATION: Saute garlic in olive oil, but be careful not to burn it. Remove pan from heat to add wine. Return to heat and reduce by half. Stir in lemon juice and tomato. Toss with pasta, adding basil, parmesan and black pepper.
- Serve immediately.
- Serves 4.

Angel Hair Pasta with Lemon and Garlic-Daley

Yield > 4

Keys : Pasta Vegetarian Low Calorie Fat Free Diet Citrus Garlic Italian Italy European Mediterranean

Ingredients :

1	tsp	Olive oil
2	x	cloves garlic peel & mince
1 / 2	cup	Dry white wine
1 / 4	cup	lemon juice fresh squeezed
1	cup	Chopped tomato
4	oz	angel hair pasta spinach
4	oz	Angel hair pasta semolina
1 / 4	cup	Chopped fresh basil
2	tbl	Parmesan cheese freshly grated
		Ground black pepper to taste

Method :

- Bring a large pot of water to a boil over high heat and maintain at a boil.
- Put the olive oil and garlic in a saute' pan and cook over medium heat just
until the garlic begins to brown. Remove the saute' pan from the heat and pour in the wine. Return it to the heat. Cook for another 1 to 2 minutes,
until the wine has been reduced by half. Stir in the lemon juice and tomato. Remove the pan from the heat.
- Place the pasta in the boiling water and cook to desired doneness, 30 seconds to 1 minute. Drain the pasta and put it into a warm serving bowl.
- Add the basil, Parmesan cheese, and black pepper, along with the tomato mixture. Toss and serve immediately.

Babka



Yield > 1

Keys : Breads Hand Made Holidays Gifts Italian Italy European Mediterranean

Ingredients :

8	x	egg yolks
4	oz	caster sugar
1	tsp	dried yeast

Method :

- Beat the eggs and sugar over hot water until white and thick. Dissolve the yeast in some warm milk. Add the two mixtures with all the ingredients except the butter. Beat, pour in the butter and beat again. Fill a greased baking tin, traditionally a Turk's Head mold, to one-third. Cover and leave to rise. Bake in a medium oven for about 1 hour.

1/4	pt	milk (equiv US 5 fl oz)
		vanilla to taste
1	lb	strong white flour (bread flour)
		saffron to taste
1/2	tsp	salt
4	oz	melted butter

- NOTES:
Medium Oven 325F TO 350F (160C to 180C)
- Varieties of babka were also prepared for weddings.
- 1-Excerpt (p.365) from Lesley Chamberlain's THE FOOD AND COOKING OF
- NOTES : The Polish Easter and general festive cake has as its hallmark the use of saffron as the traditional spice. The recipe for it probably came to Poland from Italy in the sixteen century via queen Bona, as a transplant of the Milanese panettone. Since then much ritual has surrounded the baking of this fragile masterpiece. Precious pastry cooks declared it needed to rest on an eiderdown before it went into the oven, after which baking took place in an atmosphere of maternity. Men were forbittden to ender the kitchen and no one was allowed to speak above a whisper.

Baby Chicken with Leeks, Grapes and Sherry

Yield > 4

Keys : Chicken Main Dish Poultry Alcoholic Italian Italy European Mediterranean

Ingredients :

4	x	Poussin, or baby chickens backbones removed
		and flattened
		Salt to taste
		Freshly-ground black pepper to taste
1/2	cup	Flour plus
2	tbl	Flour
6	tbl	Extra-virgin olive oil
1	x	Leek washed well,
		and cut into 1/2" rounds
1/4	cup	Sherry vinegar
1	cup	Semisweet sherry
1	cup	Chicken stock
1/4	lb	Chorizo cut 1/2" cubes
2	cup	Red wine grapes halved, seeded
		(may substitute table grapes)
2	tbl	Butter
10	x	Mint leaves

Method :

- Season poussins with salt and pepper and dredge in flour. Heat olive oil in a 12-inch to 14-inch saute pan until smoking. Saute poussins, breast-side first, until golden brown on both sides, about 8 minutes per side and remove to plate.
- Add leek and cook until softened and light brown, about 6 to 7 minutes. Add sherry vinegar and cook until reduced to 2 tablespoons. Add sherry and chicken stock and bring to a boil. Add poussins and chorizo and simmer 15 minutes, or until poussins are just cooked through, and season with salt and pepper. If sauce is thin (it will be), mix butter with 2 tablespoons flour and whisk this paste into sauce 1 tablespoon at a time until lightly thickened.
- Pour into serving bowl, sprinkle with mint leaves and serve.
- This recipe yields 4 main course servings.

Baby Lima Beans or Broad Beans with Italian Sausage

Yield > 5 Servings

Keys : Sauce Italian Italy European Mediterranean

Ingredients :

1/2	lb	Italian bulk sausage, crumbled
1	x	Onion, sliced
2	cup	Water
1	lb	Baby lima beans or broad beans
1/2	tsp	Ground cumin seed
1	x	Fresh hot red pepper, seeded and chopped
		Salt
		Freshly ground black pepper

Method :

- Place the sausage and onion in a heavy casserole or sauce pan and saute until light brown. Add the water and bring to the boil. Add the beans, cumin seed, and hot pepper and bring back to the boil. Cover, reduce heat and simmer 20 minutes. Season well with salt and pepper.
- Yield: 4 to 6 servings

Baby Octopus Spiedini with Beet Green Salad



Yield > 4

Keys : Salads Dressings Seafood Italian Italy European Mediterranean

Ingredients :

2	lb	Baby octopus - (abt 20 to 30 pieces)
1	x	Orange juiced and zested
2	tbl	Toasted almonds
5	tbl	Extra-virgin olive oil divided
1	tbl	Crushed red pepper flakes
4	x	Bamboo skewers soaked in water

Method :

- Preheat barbecue or grill.
- Place octopus in 4 quarts cool water and add 1 wine cork. Bring to boil and lower heat to low boil. Cook 25 minutes until tender. Drain and rinse and allow to cool.
- In a mixing bowl, stir together orange zest, almonds, 2 tablespoons olive oil, crushed red pepper and fennel leaves. Add cooled octopus and let stand 25 minutes until coals are hot and ready. Thread octopus evenly onto 4 skewers and place over coals. Cook until crispy and slightly charred, about 5 minutes per side.
- Meanwhile, toss beet greens with orange juice and remaining oil and season with sea salt. Divide greens among 4 plates and place one speidino over each pile. Drizzle with

1/4	cup	Fennel leaves roughly chopped
2	cup	Baby beet tops washed, spun dry, and cut chiffonade
		Sea salt to taste

remaining marinade and serve.

- This recipe yields 4 servings.

Baby Onions with Balsamic Sauce (Cipolline Al Balsamico)

Yield > 4

Keys : Italian Italy European Mediterranean

Ingredients :

225	gm	baby onions peeled
3	tbl	extra olive oil
1	tbl	balsamic vinegar
2	tbl	red wine
		sea salt

Method :

- Blanch the onions in plenty of boiling salted water for 15 minutes.
- Drain well.
- Saute gently in the olive oil until golden brown.
- Add the vinegar red wine and salt to taste and cook briefly to allow the alcohol to evapourate.
- These cipolline with their sweet and sour taste are delicious and can be served as part of an antipasto or to accompany hot and cold meat cubes.
- Serves 4

Baby Spinach, Pancetta and Mushroom Salad



Yield > 1 servings

Keys : Job Italian Italy European Mediterranean

Ingredients :

1	lrg	Pack baby spinach, (washed and dried)
6	slc	Pancetta, up to 8
8	oz	Button mushrooms

Method :

- Wash and dry the baby spinach if not ready prepared. Fry or grill the pancetta until crispy, and chop. Arrange spinach in bowls adding the pancetta and mushrooms.
- Dressing: mix together well and serve with the salad.

6	tbl	Olive oil
2	tbl	Balsamic vinegar

Bacala a La Catalana



Yield > 4

Keys : Fish Ocean Main Dish Salted Cod Seafood Italian Italy European Mediterranean

Ingredients :

4	tbl	Currants
4	tbl	Pine nuts
2	lb	Salt cod fillets soaked for two days,
		cut into 1" by 2" rectangles
4	tbl	Extra-virgin olive oil
1	med	Spanish onion cut 1/4" dice
4	x	Garlic cloves thinly sliced
6	cup	Spinach washed, dried,
		and stemmed
4	oz	White wine

Method :

- The cod must soak for 2 days in water changed daily.
- Soak currants and pine nuts in 2 cups lukewarm water for one hour and then drain. Drain salted cod and then pat dry. Heat oil in a 12-inch saute pan until smoking. Add cod pieces and cook until golden brown on 1 side. Turn cod pieces over and then add onion, garlic, pine nuts, and currants to the pan, shaking it so that all the ingredients are in contact with the pan. Cook until cod is golden brown, about 6 to 7 more minutes. Remove cod to warm plate, add spinach, and season with salt and pepper. Place cod on top of spinach, add wine, cover, and cook for 8 more minutes, until the liquid evaporates from the spinach. Serve immediately.
- This recipe yields 4 servings.

Bacala Ala Vizcaina



Yield > 4

Keys : Fish Ocean Main Dish Salted Cod Italian Italy European Mediterranean

Ingredients :

4	tbl	Extra-virgin olive oil
2	x	Spanish onions cut 1/2" slices
6	x	Garlic cloves thinly sliced
8	x	Ancho chilies or chilies choriceros stemmed, seeded,
		and cut into fine julienne
2	x	Green apples peeled, seeded,
		cored, and cut into 1/2" dice
2	cup	Chopped tomatoes with seeds and juice
1	slc	Baguette - (1" thick)
		Salt to taste
		Freshly-ground black pepper to taste
2	lb	Bacala (soaked 2 days) cut 2" cubes
1/4	cup	Finely-chopped Italian parsley

Method :

- Soak bacala for 48 hours in cool water, changing the water daily.
- Preheat oven to 400 degrees.
- Heat oil in a 12-inch saute pan until smoking. Add onions, garlic, chilies and apples and cook until soft and golden, about 8 to 10 minutes. Add tomatoes and bread and bring to a boil. Season with salt and pepper and place in a blender and process until smooth. Place sauce in crockery pan. Place bacala pieces into sauce and place in oven. Cook 20 to 25 minutes. Remove, check for seasoning, sprinkle with parsley and serve.
- This recipe yields 4 servings as main course.

Bacala Alla Vincentina 

Yield >	4

Keys : Fish Ocean Main Dish Salted Cod Seafood Italian Italy European Mediterranean

Ingredients :

3	lb	Bacala soaked 48 hours in
		four changes of water
4	tbl	Virgin olive oil
4	tbl	Butter
2	x	Spanish onions chopped 1/2" dice
4	x	Salted anchovies fillets removed,
		and soaked in milk for 4 hours
1/2	tsp	Cinnamon
1/2	cup	Dry white wine
3	cup	Milk more, if necessary
1/2	cup	Finely-chopped Italian parsley
4	x	servings Soft polenta

Method :

- Cut soaked bacala into 2-inch squares and check for any bones.
- In a 12-inch frying pan, heat olive oil and butter over medium heat. Add onions, anchovies and cinnamon and cook until onions are very soft but have not browned, 10 to 12 minutes. Add bacala pieces, wine and milk and bring to a boil. Lower heat to simmer and cook 1 hour, adding more milk if mixture becomes dry. Add chopped parsley, check for seasoning and serve with soft polenta.
- This recipe yields 4 servings.

Baccala Alla Bolognes



Yield > 4 Servings

Keys : Main Dish Fish Italian Italy European Mediterranean

Ingredients :

1 3/4	lb	Dried codfish
		Flour, for dredging
4	tbl	Butter
2	tbl	Olive oil
1	x	Clove garlic, minced
3	tbl	Fresh parsley, minced
		Salt and pepper to taste
1	x	Lemon, juiced

Method :

- Put the cod in a deep dish, add cold water to cover, and let it soak for 2 days in the refrigerator in order for it to "plump" up and change the water several times. Rinse and dry the fish and cut it into 2-inch chunks. Dredge the fish in the flour, shaking off the excess. In a large skillet, heat 2 Tbl of the butter and the olive oil. Add the fish pieces and brown them well on all sides over medium-high heat. Sprinkle the fish with the minced garlic and parsley and stir the mixture gently. Cut the remaining 2 Tbl butter into bits and add it to the pan. Sprinkle the fish with salt and pepper and pour over the lemon juice. Serve immediately.

Baccala Alla Vicentina (Vicenza-Style Cod)



Yield > 4

Keys : Fish Seafood Main Dish Italian Italy European Mediterranean

Ingredients :

1	lb	stockfish, (dry cod)
2	x	fresh anchovies, unsalted
		and boneless
20	ml	garlic, chopped
		salt, (very little)
1/4	tbl	parmigiano-reggiano, fresh grated
1 1/4	cup	onions, sliced
1	cup	milk
2	cup	extra virgin olive oil
		fresh ground black pepper

Method :

- Cod should be cleaned, skinless and boneless. Anchovies should be fresh or defrosted frozen Sauteeonions in oil until transparent. if using salted stockfish, pre-soak in cold running water for at least 24 hours, and wash pieces individually every 8 hours. In a bowl, mix the parsley, garlic and anchovies. With a fork, spread some of the mixture on each piece of fish, sprinkle with cheese and roll up. Slice rolls into pieces about 1 1/2 inches wide and coat in flour mixed with a little cheese and pepper. Shake off excess. Place fish bits in an oiled shallow roasting pan and cover with sauteed onions. Season with salt and pepper, add milk and bake in oven preheated to 140C(275F) for 4 hours, turning fish occasionally and adding oil if necessary. Remove from oven, top with more parsley and serve immediately.

Bacon and Cheese Macaroni Bake



Yield > 4

Keys : Pasta Casserole Italian Italy European Mediterranean

Ingredients :

1	lb	sliced bacon
1	sm	onion, chopped
2	can	condensed, (10 3/4 ounce)
		cheddar cheese soup
1/2	cup	milk
1	tbl	Worcestershire sauce
1	tsp	dry mustard
8	oz	elbow macaroni, cooked and
		drained or 1 package of the
		boxed stuff
1	cup	sharp cheddar cheese, (the sharper the better)
		shredded
2	tbl	diced pimiento, (optional)

Method :

- Cook bacon, saving about 1/4 cup of drippings. Crumble bacon, reserving 4 or 5 strips for the top of dish. Sauteeonion in remaining drippings. Add cheese soup, milk, Worcestershire sauce and mustard; mix well and heat through. Stir in the bacon, macaroni, shredded cheese and pimiento. Place in casserole dish
- (I use 3 quart). Top with remaining strips of bacon. Bake in a 375F oven for 25 minutes. Enjoy!!

Bacon and Egg Carbonara



Yield > 4

Keys : Italian Italy European Mediterranean

Ingredients :

8	oz	sliced bacon, (about 10 slices), cut into 1" strips
8	oz	dry thin pasta, (vermicelli) or
1	x	9 oz pack. angel hair pasta
2	cup	sour cream
1 / 4	cup	chopped chives or green onions, thinly sliced ,
4	x	egg yolks
1	cup	grated parmesan cheese

Method :

- In a wide fry pan; cook bacon over medium heat until crisp. Spoon off and discard all but 3 TBSP of the drippings; keep pan with bacon warm over lowest heat.
- In a 5 - 6 quart pan; cook pasta in three quarts boiling water just until tender to bite (3 minutes for dry capellini. 8-10 minutes for dry vermicelli, and 1 to 2 minutes for fresh angel hair pasta); or cook according to package directions. After adding the pasta to the boiling water, spoon 1/2 cup of the sour cream into each of 4 wide, shallow bowls; place bowls in a 200F oven while completing cooking.
- Drain pasta well; add pasta and chives to bacon in the pan. Mix lightly, using two forks. Spoon an equal portion of pasta mixture into each warm bowl. Make a nest in the center of each; slip in an egg yolk. Mix each portion individually and sprinkle with cheese.

Bacon and Pepper Sauce



Yield > 1

Keys : Sauces Pasta Italian Italy European Mediterranean

Ingredients :

1 / 3	stk	butter
4	tbl	olive oil
1 / 3	lb	bacon
10	x	plum tomatoes chopped
1	x	green pepper diced
1 / 4	cup	white wine
1	x	red pepper diced
1	x	hot pepper halved and seeded
1	x	onion chopped
		salt and pepper to taste
2	x	cloves garlic chopped

Method :

- Sautee bacon until almost crisp. Drain. Add butter and oil. Sautee onion and garlic. Add peppers and sautee5 minutes Add tomatoes and wine, cook 15 minutes REMOVE HOT PEPPER. Season with salt and pepper and serve over pasta.

Bacon-Cheddar Frittata



Yield >	6

Keys : Cheese Italian Italy European Mediterranean

Ingredients :

6	x	eggs, beaten
8	slc	bacon, crisply cooked and
		crumbled
1	cup	shredded cheddar cheese (4 ounces)
1 / 4	cup	chopped fresh parsley
1 / 4	tsp	pepper
2	tbl	chopped fresh chives

Method :

- 1. Grease pie plate, 9 X 1-1/4 inches. Mix all ingredients except chives; pour into pie plate. Elevate pie plate on inverted dinner plate in microwave oven.
- Microwave uncovered on medium (50%) 12 to 14 minutes, rotating pie plate 1/4 turn every 4 minutes, until set.
- 2. Sprinkle with chives. Serve with sour cream if desired.

Bacon-Green Bean Pasta Toss



Yield >	6

Keys : Pasta Appetizers Italian Italy European Mediterranean

Ingredients :

1 / 2	x	recipe poppy seed pasta or
6	oz	uncooked vermicelli
4	slc	bacon, cut into 1-inch
1	cup	frozen French-style green beans
3	x	green onions, (with tops)
		thinly sliced
1 / 8	tsp	pepper

Method :

- Cook pasta as directed in recipe or on package; drain. Cook bacon in 10-inch skillet until crisp. Remove bacon with slotted spoon and reserve 2 tablespoons fat in skillet. Cook beans and onions in fat 1 to 2 minutes or until beans are crisp-tender. Toss with hot pasta, bacon and pepper.

Bagna Cauda



Yield > 6 Servings

Keys : Seafood Italian Italy European Mediterranean Hot

Ingredients :

2	cup	Heavy cream
2	x	Cloves garlic
1	can	(2.5-oz) flat anchovies, drained of oil
1	dsh	Cayenne pepper
1 / 4	cup	Unsalted butter

Method :

- 1. In a heavy saucepan, simmer cream with 2 garlic cloves until reduced to 1 cup.
- 2. Place reduced cream, anchovies and cayenne in blender and puree.
- 3. Bring sauce to a simmer and add butter, stirring until melted.
- 4. Serve in a hot chafing dish accompanied with chilled, raw vegetables and homemade (if possible) sourdough `grissini'.
- TIP: If butter and cream separate, pour in a bit of cold cream and whisk hard. The sauce will regain its velvety texture. This is a dish to be enjoyed without ceremony. Pick up vegetables or breadsticks - grissini - with your fingers and dip into the sauce until well covered; consume.
- GENOA
- WINE: PUNT E MES

Bagna Cauda with Vegetables



Yield > 8

Keys : Italian Italy European Mediterranean Warm

Ingredients :

2	can	anchovy fillets, (2oz)
		thinly sliced
1	cup	olive oil
1	cup	heavy cream
1 / 2	cup	butter
		assorted vegetables
20	x	cloves garlic, peeled and

Method :

- Bagna Caude (Anchovy and Garlic Sauce): Drain and dry anchovies. Place in HEAVY saucepan and add oil, butter and garlic. Cook over very low heat for about 1 hour. Sauce should barely bubble during this time. Add cream and simmer 5 more minutes. Serve warm with assorted vegetables cut into bite sized pieces.

Bagna Caudi (on Ziti with Carrots)

Yield > 8 Servings

Keys : Tubers Root Vegetable Italian Italy European Mediterranean

Ingredients :

1 / 4	cup	Butter
1 / 4	cup	Olive oil
15	x	Cloves garlic, chopped fine
4	oz	Anchovies, chopped
1	qt	Heavy cream

Method :

- The Sauce: Saute the chopped garlic in butter and oil until lightly browned. Add the chopped anchovies. Cook until the anchovies are dissolved.
- Add the cream, mustard and roast garlic. Reduce by one-fourth. Final assembly: Heat the sauce, then add the cooked ziti and carrots. Toss until thoroughly coated and serve immediately.

2	tbl	Roast Garlic mashed
1/2	lb	Ziti, cooked
1/4	cup	Matchstick-sliced carrots,

Bagna Lauda

Yield > 4

Keys : Appetizers Italian Italy European Mediterranean

Ingredients :

1	cup	Extra-virgin olive oil
1/2	cup	Unsalted butter
12	x	Garlic cloves sliced paper thin,
		and boiled in milk 10 minutes
1/4	cup	Anchovy fillets rinsed
		Freshly-ground black pepper to taste
1	x	Fennel bulb cut into 1" strips
4	x	Cardoons stalks peeled and blanched
1	x	Red bell pepper cut into 1" strips
1	x	Yellow bell pepper cut into 1" strips
1	loaf	country-style bread

Method :

- Heat oil and butter over medium heat until warm. Add garlic and 2 tablespoons cooking milk, anchovy and black pepper, and blend, using submersion blender. Pour into fondue pot and serve vegetables on the side.
- This recipe yields 4 servings.

Bake Fried Sage Leaves



Yield > 6

Keys : Condiments Seasoning Vegetarian Low Calorie Fat Free Diet Herbs Appetizers Italian Italy European Mediterranean Italian

Ingredients :

		olive oil spray
1	bn	fresh sage leaves largest you can find
1	x	egg plus
2	x	egg whites
		OR half-cup egg substitute lightly beaten
		with a fork
		salt and black pepper
3 / 4	cup	fine toasted breadcrumbs
		OR flour in a shallow bowl

Method :

- 1. Preheat oven to 400F. Spray a nonstick baking sheet with spray olive oil. Using a pastry brush, brush the sage leaves on both sides with the egg mixture and season with salt and pepper. Dip each in bread crumbs or flour, turning to coat on all sides, shaking off the excess.
- 2. Arrange the sage leaves on the prepared baking sheet. spray the tops of the leaves with oil and reseason with salt and pepper. Bake the leaves until crisp and nicely browned, 1- to 12 minutes. Serve at once.
- Makes 20 to 24 leaves. Serve as an antipasto or garnish for other dishes.
- Variation: Stuff sage leaves. Cut 1 ounce smoked mozzarella, bel paese, or fontina into flat thin strips a little smaller than the sage leaves. Brush 2 sage leaves with egg mixture on both sides. Season with salt and pepper.
- Press the leaves together, sandwiching a strip of cheese between them. Dip the leaves in bread crumbs or flour, turning to coat on all sides, shaking off the excess. Spray with oil and bake as described above.

Baked Acorn Squash Filled with Italian Sausage and Riatoni P

Yield > 4

Keys : Main Dish Italian Italy European Mediterranean

Ingredients :

4	med	acorn squash halved, cleaned

Method :

- Preheat the oven to 350 degrees.
- Season the squash with olive oil, salt and pepper. Place on a baking sheet, flesh-side up and add 1/2 cup water to the

		Olive oil as needed
		Salt to taste
		Freshly-ground black pepper to taste
1	lb	Italian sausage casing removed,
		and cut into 1/2" pieces
1	cup	sliced red onion
4	cup	Basic Tomato Sauce (see below)
1 / 2	lb	rigatoni pasta cooked until tender,
		tossed in olive oil and cooled
1 / 2	lb	mozzarella cheese cut 1/2" cubes
1	tbl	finely-chopped fresh parsley leaves
BASIC TOMATO SAUCE		
1	tbl	olive oil
1 / 2	cup	chopped onion
2	tbl	finely-chopped garlic
2	tsp	salt
1 / 2	tsp	freshly-ground white pepper
2 1 / 2	cup	chopped peeled tomatoes with juice
1 / 4	cup	chopped fresh basil
1 / 2	cup	chicken stock
		Freshly-ground black pepper to taste
1	pch	sugar

pan. Cover with alluminum foil and bake until tender, about 1 hour. Remove from the oven and cool completely.

- In a large saute pan, over medium heat, brown the sausage and onions, about 6 to 8 minutes.
- In a large mixing bowl, toss the sausage and onions with the Basic Tomato Sauce, pasta, and cheese. Season with salt and pepper. Mix well.
- Spoon the pasta mixture into the cavity of each squash. Place the filled squashes on a baking sheet and place in the oven. Bake until the squash is heated through and the cheese melts.
- Place the filled squash in the center of each plate. Garnish with parsley and serve.
- For the Basic Tomato Sauce: Heat oil in a large skillet and saute onions, garlic, salt, and white pepper 3 minutes. Add tomatoes and basil; cook, stirring, 3 minutes. Stir in stock and 18 turns black pepper; simmer 2 minutes. Season with sugar if acidic and cook 1 minute.
- This recipe yields 4 to 8 servings.

Baked Angel Hair and Shrimp



Yield >	5

Keys : Seafood Casseroles Fish Pasta Italian Italy European Mediterranean Hot

Ingredients :

		nonstick cooking spray
8	oz	uncooked angel hair pasta
12	oz	frozen, fully cooked, peeled
		shrimp, thawed
1	x	green onion, chopped
2	x	plum tomatoes, peeled,
		seeded, and chopped
2	x	cloves garlic, crushed
1/2	cup	chopped fresh basil, or
		a tsp dried
1/4	cup	dry white wine
1	cup	low fat, low sodium clam
		chowder
3 1/2	tbl	grated parmesan cheese

Method :

- Spray a baking dish with a 5 cup or larger capacity with nonstick cooking spray. Set aside. Heat oven to 350F. Cook the angel hair pasta in lightly salted boiling water according to the package directions. When tender, drain, rinse under cold running water and drain again. Set aside.
- In a large bowl, combine the thawed shrimp, green onion, tomatoes, garlic, basil, white wine and clam chowder. Sprinkle in 3 T of the parmesan cheese, reserving 1/2 T for the top. Stir in the cooked angel hair pasta and toss to coat the ingredients evenly. Spoon into the prepared baking dish. Sprinkle the reserved parmesan cheese on top. Lightly coat a sheet of aluminum foil with nonstick cooking spray.
- Cover the baking dish and bake for 20 to 25 minutes. Serve hot from dish with lemon wedges on the side if desired. You can prepare this dish up to 8 hours in advance and bake it when you are ready to serve.

Baked Artichokes



Yield > 6

Keys : Vegetables Home Cooking Italian Italy European Mediterranean Hot Room

Ingredients :

6	x	Medium Artichokes
6	tbl	Finely minced fr rosemary
1	x	Dried red chile minced
1	x	Olive oil
1	x	Lemon
6	tbl	Finely minced fr sage
1	x	Salt and pepper to taste

Method :

- Snap the bottom outer leaves off each artichoke and discard. Put the artichokes in water acidulated with a few drops oflemon juice to keep them from discoloring. Using a small sharp knife, trim the stems to their tender corres and cut the tops off the leaves. Spread the leaves and scoop and scrape out the choke and any prickly inner leaves with a spoon. To make the filling, mix the herbs, peperoncino (red dried pepper), salt, pepper and a little olive oil. Divide the mixture evely and pack it in the artichokes. Stand them in a single layer in a baking pan filled to 1" height with equal amounts of water and olive oil. Sprinkle olive oil liberally over the tops. Heat the oven to 350 F and bake unti tender, about 45 min. Serve hot, at room temperature, or cold.

Baked Cauliflower



Yield > 1

Keys : Italian Italy European Mediterranean

Ingredients :

1	x	Cauliflower broken into florets
		I50g grated Parmesan cheese
50	gm	butter

Method :

- Put the cauliflower into boiling salted water and cook for 5 minutes or until the stalks are only just cooked through.
- Drain.
- Grease an ovenproof dish with butter.
- Sprinkle in a third of the cheese.
- Put the cauliflower into the dish and sprinkle over the remaining cheese.
- Dot with half the butter divided into flakes.

- Bake at 220 degrees C/425 degrees F/gas 7 for 10 minutes then brown quickly under a hot grill.
- Brown the remaining butter in a frying pan and pour it over the cauliflower.

Baked Cavatelli



Yield > 6

Keys : Pasta Casseroles Italian Italy European Mediterranean

Ingredients :

8	oz	fusilli pasta, cooked and drained
12	oz	turkey Italian sausage, sliced 1/4" thick
3/4	cup	green onion, chopped
2	x	garlic cloves, minced
2	cup	tomato sauce
14	oz	spaghetti sauce
4	oz	nonfat mozzarella cheese, shredded
1	tsp	Italian seasoning
1/4	tsp	pepper

Method :

- Cook and drain pasta; set aside. In a large skillet cook sausage until no pink remains; remove from skillet. Whip pan clean and spray with cooking spray; cook green onion and garlic until tender. In a 2 quart casserole combine cooked pasta, sausage, onion mixture, tomato sauce, spaghetti sauce, half of the mozzarella, Italian seasoning and pepper. Toss gently to combine.
- Bake, covered, in a 375 oven for 25 minutes. Uncover, sprinkle with remaining mozzarella and bake for 5 to 10 minutes more or until heated through.

Baked Celery



Yield > 1

Keys : Italian Italy European Mediterranean

Ingredients :

4	x	celery hearts
3	tbl	grated Parmesan cheese
25	gm	butter

Method :

- Cut the root ends off the celery.
- Put the celery hearts into boiling salted water and cook for 10 minutes then drain.
- Grease an ovenproof dish with butter.
- Put in the celery sprinkle the cheese over and dot with

pieces of butter.

- Bake at 200 degrees C/400 degrees F/gas 6 for 20 minutes.

Baked Chicken



Yield > 8 Servings

Keys : Chicken Main Dish Poultry Italian Italy European Mediterranean

Ingredients :

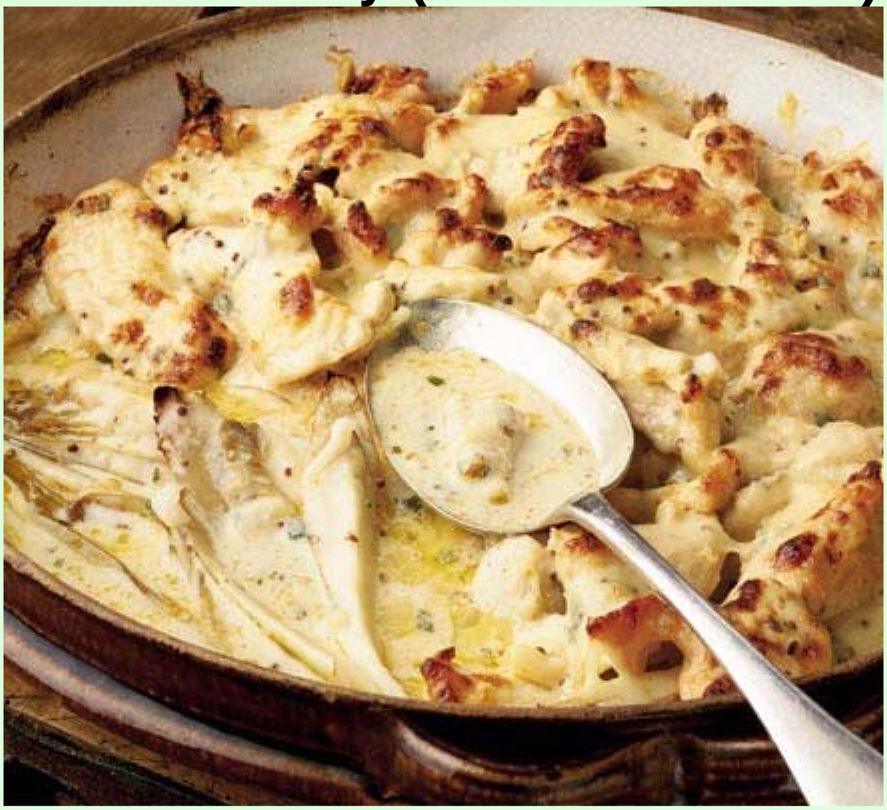
8	x	Boneless chicken breasts
1/2	cup	White or rose wine
1/2	cup	Flour
		Salt/pepper
		pn Rosemary
		pn Oregano
		pn Thyme
1	tsp	Paprika
4	x	Fresh basil leaves, chopped
2	cup	Tomatoes, chopped
1	cup	Chicken broth
1/4	cup	Lemon juice
1/2	tsp	Cinnamon
1/2	cup	Olive oil

Method :

- Combine flour with salt, rosemary, oregano, thyme, paprika, and pepper.
- Dust chicken with seasoned flour and brown in olive oil and butter. Place in baking dish and add tomatoes, wine, chicken broth, garlic powder, fresh basil, cinnamon, and lemon juice.
- Bake at 375 degrees for 15 minutes or until chicken is fork tender and brown.

1/2	tsp	Garlic powder
2	tsp	Butter or margarine

Baked Chicory (Cicoria Al Forno)



Yield > 6)

Keys : Italian Italy European Mediterranean

Ingredients :

6	x	heads chicory red or white
50	x	gbutter
100	gm	slices pancetta affumicata finely chopped
50	gm	fresh breadcrumbs
		finely grated zest and juice of 2 lemons
3	tbl	chopped flat leaf parsley
100	gm	parmesan freshiy grated
		sea salt and freshly ground black pepper
250	ml	double cream

Method :

- Preheat the oven to 190C/375F/Gas5 and use some of the butter to grease the inside of a shallow ovenproof dish.
- Slice the chicory lengthways into quarters and layer in the dish at a slight angle cut side up and overlapping.
- Mix the pancetta with the breadcrumbs lemon zest parsley and half the Parmesan and season with salt and pepper.
- Scatter over the chicory pour over the lemon juice and dot with the remaining butter.
- Cover with foil and place in the preheated oven.
- After 40 minutes remove the foil pour over the cream. sprinkle with the remaining Parmesan and return the dish to the oven for another 15-20 minutes until the cream has thickened.
- Serves 6

Baked Drumsticks with Potatoes



Yield > 4 Servings

Keys : Potatoes Poultry Tubers Root Vegetable Italian Italy European Mediterranean Italian

Ingredients :

8	lrg	Chicken drumsticks
2	lrg	Russet potatoes -- 1 inch
		Wedges
1	cup	Onion -- thinly sliced
1	cup	Italian plum tomatoes,
		Canned -- drained & chopped
1 1/2	tbl	Fresh oregano -- minced
		OR 1 1/2 tsp. crumbled dried
		Oregano
1/2	tsp	Coarse salt
1/2	tsp	Fresh ground black pepper
4	tsp	Olive oil
2	tbl	Italian parsley -- minced

Method :

- Adjust oven rack to center of oven and preheat to 350^F. Wash chicken legs and blot dry. Place legs on work surface. Starting at top of leg, slip your fingers under the skin to loosen. Peel off skin carefully, using a pair of kitchenshears to snip the skin and any connecting membrane to avoid tearing the meat; discard skin. Trim off any membrane or bits of fat that may still be attached to leg. Lightly grease bottom of 9x13x2-inch ovenproof baking pan with cooking spray. Arrange drumsticks in single layer in pan. Arrange potatoes between and around drumsticks. Place asingle layer of onion slices over drumsticks and potatoes. Spoon tomatoes over onions. Sprinkle oregano on top; season with salt and pepper. Drizzle with olive oil. Cover pan with foil and bake for 25 minutes. Remove foil and baste with pan juices. Continue baking, basting frequently with pan juices, until drumsticks are very tender and potatoes are cooked, about 25 minutes.
- Transfer drumsticks to a platter. Spoon tomatoes, onions, and pan juices over top. Garnish with parsley and serve.

Baked Eel



Yield > 1

Keys : Fish Italian Italy European Mediterranean

Ingredients :

750	gm	eel cleaned
225	gm	mussels
3	tbl	olive oil
450	gm	tomatoes skinned de seeded and roughly chopped
3	tbl	chopped parsley
1	x	onion finely chopped
1	x	salt pepper
80	ml	dry white wine

Method :

- Cut the eel into pieces 4cm thick.
- Scrub the mussels well under cold running water and remove the beards.
- Bring some lightly salted water to the boil in a pan.
- Add the mussels and cook covered over a high heat for 5 minutes.
- The mussels will open.
- Drain and remove the mussels from their shells.
- Pour the oil into an ovenproof dish.
- Add the pieces of eel the mussels tomatoes and 2 tablespoons parsley.
- Sprinkle the onion salt and pepper over the top.
- Add the wine.
- Cover and bake at 200 degrees C/400 degrees F/gas 6 for 40 minutes.
- Serve with the remaining parsley scattered over the top.

Baked Eggplant Italiano



Yield >	1

Keys : Main Dish Spam Spam1

Ingredients :

1	x	eggplant - (abt 1 1/4 lbs)
		Salt
		Flour
2	x	eggs well beaten
		Cooking oil
1 1/2	cup	shredded mozzarella cheese divided
1	can	Spam luncheon meat - (7 oz) diced
1	cup	Marinara Sauce (see below)
MARINARA SAUCE		
1/4	cup	chopped onion
2	tbl	red wine
1/4	cup	chopped celery
1/4	tsp	basil
1	x	garlic clove minced
1/4	tsp	oregano
1	tbl	pure vegetable oil

Method :

- Cut unpeeled eggplant lengthwise in 1/4-inch slices. Lightly salt and place on plate; place a baking pan filled with heavy cans on top of eggplant. Let stand 1 hour; drain off accumulated liquid.
- Dip each slice in flour, then into beaten eggs. Saute in oil in large skillet, a few slices at a time, until browned on both sides. Drain on paper towel.
- Reserve about 1/3 cup mozzarella cheese; combine remaining cheese with Spam. Spread about 2 tablespoons sauce over bottom of lightly-greased 1-quart baking dish. Cover with a layer of eggplant. Add layer of Spam mixture; spread with sauce. Repeat layers ending with sauce. Sprinkle with reserved cheese.
- Bake in 400 degrees oven 15 minutes, or until mixture is hot and cheese melts on top. Let stand 5 minutes before cutting.
- For Marinara Sauce: In a medium saucepan, saute onion, celery, and garlic in oil. Add remaining ingredients and simmer 15 minutes.
- Nice to know: You'll have an extra cup of sauce. Freeze it and use another day for Rice Stuffing.

1 / 4	tsp	salt
1	can	tomato sauce - (15 oz)
1	x	bay leaf

Baked Endive

Yield > 6

Keys : Side Dish Vegetables Italian Italy European Mediterranean

Ingredients :

12	x	Belgian endive heads - (2 1/4 lbs total)
		Salt to taste
		Freshly-ground black pepper to taste
6	tbl	extra-virgin olive oil

Method :

- Heat the oven to 400 degrees.
- Trim then cut the endive in half lengthwise; wash and shake dry. Place the endive halves, cut-side down in a jellyroll pan. Add salt and pepper to taste and the oil, distributing it evenly.
- Bake the endive 10 minutes and turn, then bake it another 6 to 7 minutes and turn again. Cook it until its base feels tender when prodded with a fork, about 20 minutes longer. Allow it to settle a few minutes before serving. It is also good at room temperature.
- This recipe yields 6 servings.

Baked Fennel (Finocchi Al Forno)



Yield > 6

Keys : Herbs Italian Italy European Mediterranean

Ingredients :

4 1 / 2	lb	fennel bulbs
		salt and pepper, freshly ground
1 / 4	cup	grated cheese
		(caciocavallo or parmesan)

Method :

- Wash and trim the fennel bulbs, cutting away the stalks, base, and outer leaves. Quarter the bulbs and remove any tough core.
- Blanch the fennel in boiling salted water until tender, 8 to 10 minutes. Drain well.
- Preheat the oven to 400F / 200CF. Lightly oil or butter a baking dish large enough to hold the pieces in a single layer.
- Place the pieces of fennel close together in the baking

		olive oil, (about 1/2 cup) or
3 1/2	**tbl**	butter

dish. Sprinkle with salt and grind lots of pepper on top. Spread the cheese evenly over the fennel and drizzle with the olive oil or dot with the butter.

- Bake until the cheese is golden and the fennel juices are bubbling about 10 minutes. Run under the broiler if the top is not golden enough. Let stand for 10 minutes before serving.

Baked Fish Fillet



Yield > 8 Servings

Keys : Fish Italian Italy European Mediterranean

Ingredients :

2	**lb**	Fillet of fish
		Salt & pepper
1/4	**lb**	Butter
		Lemon juice
		Dry white wine
		Parmesan cheese
		Paprika

Method :

- Salt and pepper fillets. Put butter in shallow baking dish in hot oven 400-500 degrees, until browned. The browned butter gives the distinctive flavor. Place fillets in hot butter, baste with lemon juice and white wine and return dish to oven for 10-15 minutes. Remove from oven for basting.
- Turn fish over and baste with lemon juice and wine. Sprinkle with cheese and paprika. Return to oven for approximately 5 minute to melt and brown cheese slightly.

Baked Gnocchi



Yield > 6

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

750	ml	pints milk
150	gm	semolina
1	x	salt pepper grated nutmeg
150	gm	grated Parmesan cheese
1	x	egg yolk beaten

Method :

- Gnocchi are dumplings made of semolina or sometimes potato.
- They are served with meat or fish dishes.
- Grease a baking sheet.
- Heat the milk in a pan.
- Sprinkle in the semolina.
- Season with salt pepper and nutmeg.
- Cook gently stirring for 10 to 15 minutes.
- Remove from the heat stir in 100g grated cheese.
- Spread the semolina mixture on the baking sheet about 2cm thick.
- Leave to cool.
- Cut out halfmoon or diamond shapes and place in a shallow ovenproof dish.
- Brush with beaten egg yolk.
- Scatter the remaining cheese over the top.
- Bake at 200 degrees C/400 degrees F/gas 6 for 15 minutes.
- Serves 6

Baked Italian Heros



Yield > 6

Keys : Sandwiches Italian Italy European Mediterranean

Ingredients :

6	x	hero (hoagie) rolls, 6" to 8" split
1 / 2	cup	Italian dressing
1 / 2	lb	sliced deli salami
1 / 2	lb	sliced deli turkey
1 / 2	lb	sliced deli ham
1 / 2	lb	sliced deli provolone cheese
1	lrg	tomato thinly sliced
1 / 2	med	onion thinly sliced

Method :

- Preheat the oven to 375 degrees. Brush the cut sides of the rolls with the Italian dressing.
- Layer the bottom halves with the salami, turkey, ham, cheese, tomato, and onion and replace the tops. Place each on a piece of aluminum foil and wrap tightly.
- Bake for 12 to 15 minutes, or until the cheese is melted. Carefully remove the aluminum foil and serve.
- This recipe yields 6 servings.
- Comments: This is one sandwich that is a meal in itself! Double this recipe for a great game day dinner.

Baked Italian Omelet



Yield >	6 to 8

Keys : Italian Italy European Mediterranean

Ingredients :

8	x	beaten eggs
1	cup	ricotta cheese
1 / 2	cup	milk
1 / 2	tsp	dried basil, crushed
1 / 4	tsp	salt
1 / 4	tsp	fennel seed, crushed
1 / 4	tsp	pepper
1	x	(10-ounce) package frozen chopped spinach, thawed and well drained
1	cup	chopped tomatoes
1	cup	shredded mozzarella cheese (4 ounces)
1 / 2	cup	thinly sliced green onion
1 / 2	cup	diced salami

Method :

- In a large mixing bowl combine eggs and ricotta cheese; beat just until combined. Stir in milk, basil, salt, fennel seed, and pepper. Fold in spinach, tomatoes, mozzarella, green onion, and salami. Spread evenly in a greased 3-quart rectangular baking dish.
- Bake in a 325 degree F. oven for 30 to 35 minutes or until a knife inserted near center comes out clean. Let stand for 10 minutes before serving.
- Servings:
  6 to 8

Baked Italian Spaghetti



Yield >	1

Keys : Pasta Italian Italy European Mediterranean Italian

Ingredients :

1	lb	hamburger
1	box	elbow spaghetti
1	cup	Kraft Colby cheese, grated
1	sm	can tomatoes, drain and dice
1	can	tomato sauce
		garlic salt, pepper to taste

Method :

- Cook spaghetti until done, then mix with other ingredients. Do not fry the hamburger. Add a little of the juice from the tomatoes to make slightly moist.
- Mix some butter with cracker crumbs and pour over the top. Bake 30 minutes after it has started to cook.

Baked Lasagna – 1



Yield > 6

Keys : Pasta Beef Main Dish Meats Italian Italy European Mediterranean

Ingredients :

1	x	Onion, minced
1	x	Clove garlic menced
1	lb	Ground beef
2	tsp	Shortening
1	med	Can whole tomatoes
1	can	Tomato sauce
1	tsp	Oregano
1 / 4	tsp	Pepper
1 / 2	lb	Lasagna noodles
2 1 / 2	qt	Boiling water

Method :

- Saute onion, garlic, and meat in shortening about 20 minutes. Add next four ingredients. with 1 tsp salt. Simmer for 40 minutes. Cook noodles with 1 tbsp salt for 20 minutes; drain.
- Put 1/3 meat mixture in baking dish. Add layer of noodles, add 1/2 cottage cheese, 1/3 Mozzarella, and 1/2 Cheddar. Repeat layers, ending with remaining meat mixture and top with remaining 1/3 Mozzarella cheese.

1	cup	Cream cottage cheese

Baked Mussels



Yield > 36 Servings

Keys : Appetizers Shellfish Seafood Italian Italy European Mediterranean Hot

Ingredients :

3	doz	mussels
1 / 2	cup	Crushed tomatoes
2	cup	Bread crumbs
4	tbl	Grated cheese
3	x	Garlic cloves, diced
2	tbl	Parsley, chopped

Method :

- Scrub mussels with a brush, pull off beards. Prepare a fry pan with a tight fitting lid that will hold all the mussels. Add 3-4 T olive oil, 1/3 cup water, salt, and pepper. Cover pan, let mussels steam over medium heat to open. Meanwhile combine bread crumbs, grated cheese, and garlic cloves, to use as stuffing. Remove mussels to cool and reserve liquid. Do not use unopened mussels. Remove mussels and open shells to lay flat. Do not break apart. Place one mussel in each shell, cover with prepared stuffing.
- Squeeze 1 T of crushed tomatoes on each mussel. Sprinkle with chopped parsley. Drizzle with olive oil and remaining liquid from steam process to moisten bread crumbs. Bake at 375 degrees until golden brown, about 15-20 minutes. Serve hot.

Baked Peaches



Yield > 4 people

Keys : Desserts Hot Fruits Sweet Italian Dessert Italian Italy European Mediterranean

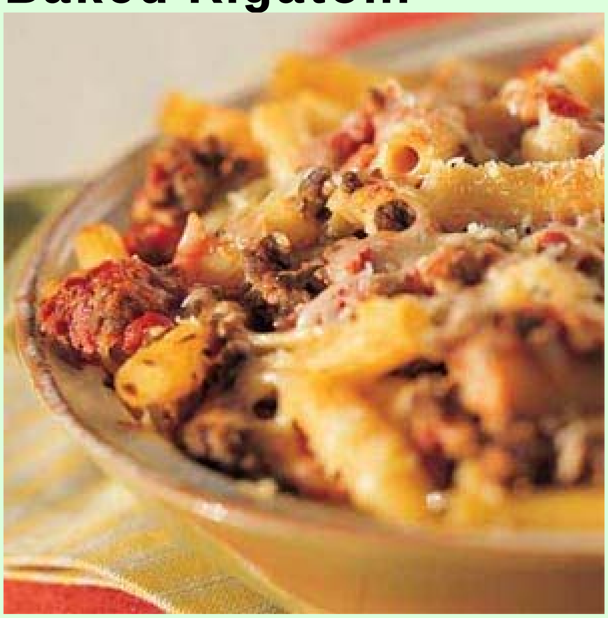
Ingredients :

1	cup	pinenuts
1	cup	currants
1	tsp	cinnamon, ground
6	x	peaches, fresh
		halved and stoned
2	cup	sweet Marsala

Method :

- Preheat oven to 180C (375F).
- Blend together the pinenuts, currants and cinnamon.
- Stuff blended mixture into cavity of peach halves. Place peaches cut side up in non-stick baking dish and pour over Marsala.
- Bake for 25 minutes and serve.
- Serves 4

Baked Rigatoni



Yield > 8

Keys : Pasta Main Dish Italian Italy European Mediterranean

Ingredients :

Method :

- To make the sauce: Heat oven to 350F. In a pot, heat oil

FOR THE SAUCE		
1/4	cup	olive oil
2	x	garlic cloves, minced
1/2	lrg	onion, finely chopped
1/4	tsp	hot-pepper flakes
1	can	tomato paste, (12 oz)
3	cup	water
1	can	plum tomatoes, (14 1/2 oz)
1	tsp	dried oregano
1	tsp	dried basil
1	tsp	salt, or to taste
1	tbl	sugar
FOR THE FILLING		
1	lb	ricotta cheese
1	tbl	parsley
2	x	eggs, lightly beaten
		pepper to taste
3/4	cup	shredded mozzarella cheese
3/4	cup	grated parmesan cheese

and sauteegarlic, onions and hot-pepper flakes until golden.

- Stir in tomato paste. Rinse can with the water and add to pot. Simmer 30 minutes.
- Add all the remaining ingredients. Simmer at least 1-1/2 to 2 hours. If you have more time, let it simmer even a little longer.
- To make the filling: Combine ricotta, pepper, parsley and eggs in medium bowl. Mix thoroughly. Reserve cheeses.
- To assemble the casserole: Cook rigatoni according to package directions, but reduce cooking time by two minutes. Do not overcook.
- Spread sauce over the bottom of a 9x13x2" baking dish. Top with a layer of pasta. Top pasta with a little more sauce, then several spoons full of ricotta mixture. Spoon together with the back of a large spoon. Top with a sprinkling of mozzarella cheese. Top with a layer of pasta and repeat process, ending with Parmesan this time. Then repeat, ending with mozzarella, etc. Finish with a layer of pasta.
- Bake for 30-35 minutes, or for about 15 minutes after it begins to bubble around edges. Ricotta will rise to top; it should be slightly set. Allow to stand 10-15 minutes before serving.
- Serves six to eight.

Baked Ziti



Yield > 6

Keys : Casseroles Pasta Italian Italy European Mediterranean

Ingredients :

1	sm	onion, chopped
1 / 2	cup	tomato paste
1	cup	tomato sauce
2 / 3	cup	water
1	tsp	marjoram
1	tsp	basil
1 / 4	tsp	salt
1 / 8	tsp	pepper
1	cup	fat-free ricotta cheese
6	oz	shredded part-skim-milk mozzarella, divided use
8	oz	ziti pasta, cooked and drained

Method :

- Lightly coat a medium-size non-stick pan with cooking spray. Sauteeonion until tender. Add tomato paste, tomato sauce, water, herbs, salt, and pepper.
- Simmer, covered, 10 minutes.
- Combine ricotta and half the mozzarella in a large bowl. Add the cooked ziti and half the tomato mixture. Stir gently to mix.
- Turn into a 1 1/2-quart casserole coated with cooking spray. Pour remaining tomato mixture on top and sprinkle with reserved mozzarella.
- Bake in a preheat 375 F. oven for 25 to 30 minutes or until the cheese is melted and browned.

Balsamic Sauce

Yield > 4

Keys : Sauces Italian Italy European Mediterranean

Ingredients :

1	cup	balsamic vinegar
4	cl	garlic, sliced
4	pch	, (2-inch) fresh rosemary
2	tbl	butter, optional

Method :

- Put all the ingredients except the butter into a saucepan and bring to a boil.
- Reduce the heat and simmer until it is reduced by half, about 10 minutes. The sauce is ready when it coats the back of a spoon. Add the optional butter and stir well.

Baquette Bread



Yield > 1

Keys : Breads Machine Bread Bakers Low Calorie Fat Free Diet Hand Made Italian Italy European Mediterranean

Ingredients :

2	qt	warm water
2	oz	sugar
2	oz	salt
2	oz	Olive Oil Or Vegetable Oil
8	oz	Active Dry Yeast
7	lb	Bread Flour To 8 Lbs

Method :

- Combine all ingredients in a large mixing bowl and mix together holding back on some of the flour until you see that it is needed. Knead dough 5-10 minutes or until dough is smooth. Cover and let rise until double in size.
- Punch down and form into desired shapes- baquettes,round loaves etc. Bake at 375* 20-30 minutes depending on loaf size. By adding fresh chopped herbs and some roasted garlic to this dough you can come up with some very flavory breads.

Barley Pasta

Yield > 4

Keys : Italian Italy European Mediterranean

Ingredients :

HAND		
3 / 4	cup	semolina flour, durum
1 / 4	cup	barley flour
1	x	egg
1	tbl	water, if and as needed
ELECTRIC EXTRUDER		
1	cup	semolina flour, durum
1 / 4	cup	barley flour
1	x	egg
1	tbl	vegetable oil, optional
1	tbl	water, if and as needed

Method :

- Follow whatever method you normally use to mix and knead your dough.
- Ingredients are given for Manual or Electric Machine.

Basil Bean Salad



Yield > 4

Keys : Herbs Salads Vegetables Low Calorie Fat Free Diet Italian Italy European Mediterranean

Ingredients :

1	x	10 oz pkg frozen green beans
1 / 2	cup	onions, very thinly sliced

Method :

- Cook beans according to directions, cooking until just tender-crisp. Drain.
- Combine beans and onions in a large bowl. Combine remaining ingredients and pour over beans. toss until well

2	tbl	red wine vinegar
1	tbl	olive oil, plus 1 tsp.
3	tbl	water
1 / 8	tsp	garlic powder
1	tsp	dried basil
1	tbl	grated parmesan cheese
1 / 8	tsp	pepper
		salt to taste

blended. Chill several hours or overnight, stirring occasionally.
More Lean and Luscious

Basil Parmesan Bread



Yield > 1

Keys : Herbs Cheese Italian Italy European Mediterranean

Ingredients :

small		
3 / 4	cup	water
1	tbl	olive oil
1 / 4	cup	swiss cheese, grated
1 / 4	cup	parmesan cheese, grated
1 / 4	tsp	salt
2	tsp	sugar
2	tsp	basil
1	cup	whole-wheat flour
1	cup	bread flour
1	tsp	yeast
medium		
1 1 / 8	cup	water
1 1 / 2	tbl	olive oil
1 / 3	cup	swiss cheese, grated
1 / 3	cup	parmesan cheese, grated
1 / 3	tsp	salt
1	tbl	sugar

Method :

- No Method

1	tbl	basil
1 1/2	cup	whole-wheat flour
1 1/2	cup	bread flour
1 1/2	tsp	yeast

Basmati Italiano



Yield > 6

Keys : Side Dish Italian Italy European Mediterranean

Ingredients :

2	cup	basmati, (white or brown) cooked according
		to package instructions
1/2	cup	grated parmesan cheese
1	tbl	dry basil, (or one bunch fresh chopped)
1/2	tsp	pepper
1/2	tsp	salt, optional
2	x	cloves minced garlic, to taste
4	oz	sliced black olives, drained
3/4	cup	sun-dried tomatoes, rehydrated and
		chopped
1	tbl	olive oil, optional

Method :

- Put cooked basmati into large mixing bowl. Toss hot rice with remaining ingredients using wooden spoons to avoid breaking grains. Serve immediately.

Bean Lasagna



Yield > 1

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

9	x	lasagna noodles, cooked
2	cup	ricotta cheese
8	oz	mozzarella cheese, grated
3 / 4	cup	grated parmesan cheese
BEAN SAUCE		
1	tbl	oil
2	tsp	garlic minced
1	sm	onion, finely chopped
2	x	15 oz. cans red beans, drained and
		coarsely c
2	sm	cans green chilies chopped
4	cup	tomato puree, (1 29-ounce can)
1	tsp	oregano
1	tsp	basil
		pepper

Method :

- Prepare the sauce by heating the oil and sauteing the garlic and onions for a minute. Add the chopped beans, and cook the mixture, stirring it, for several minutes longer. Add the tomato puree, oregano, basil, and pepper. Bring the sauce to a boil, and simmer for 5 minutes.
- Preheat the oven to 350F.
- To assemble the lasagna, spread a thin layer of sauce on the bottom of a 9 x 13 baking pan. Arrange 3 noodles. Cover the noodles with 1/3 third of the sauce, half the ricotta, half the mozzarella, and 1/4 cup parmesan. Repeat with a layer of noodles, sauce, ricotta, mozzarella, and parmesan. Finish off with layers of the remaining noodles and sauce and Parmesan.
- Bake 40 minutes uncovered.

Beef Barley Soup



Yield > 1

Keys : Meats Italian Italy European Mediterranean

Ingredients :

1	gm	granaroli xbrg76a
1	lrg	parsnip diced
1 / 4	cup	chopped parsley
3	lb	beef shin-, (or more)
1 3 / 4	qt	water.
2	x	carrots diced
1	x	16 ounce can peeled tomatoes crush
2	stalk	celery diced
		by your fingers
2	x	onions chopped
		salt and pepper to taste
2	x	cloves garlic crushed
1	cup	pearl barley
1	x	white turnip diced

Method :

- Place all ingredients, except barley, in a large pot. Bring to a boil. Lower to simmer and cook 2 1/2 hours. Add barley and cook until tender, Check package of barley for approximate timing. The meat can be served as a side dish to the soup with a dressing of mayonnaise and horseradish. Serve a crusty bread also.
- Makes a great one dish meal.

Beef Carpaccio



Yield >	8

Keys : Appetizers Beef Meats Italian Italy European Mediterranean Cold

Ingredients :

1	lb	Beef sirloin trimmed of all
		fat and sinew
3 / 4	cup	Olive oil
		Juice of 1 lemon
8	lrg	Shallots finely diced
1	tsp	Salt
1	tbl	Cracked black peppercorns plus
1	tsp	Cracked black peppercorns
		Julienned Parmesan cheese for garnish
		Chopped fresh chives for garnish

Method :

- Chill 8 serving plates. Place meat in freezer about 10 minutes.
- Whisk together olive oil, lemon juice, shallots, salt, and pepper in a small bowl and reserve.
- Slice cold beef across grain into 1/8-inch slices. Then place each slice, one at a time, between 2 sheets of plastic wrap and, using the smooth side of a meat pounder, flatten by gently pounding and pressing back and forth. Work from center out. Keep turning to flatten it evenly to about 1/16-inch. (You should spend about a minute on each slice.)
- Entirely cover each chilled plate with thin slices of beef. (At this stage, you can cover with plastic wrap and reserve in refrigerator for several hours.) Carefully spoon reserved dressing over meat to evenly cover. Garnish with Parmesan strips and chives, and serve immediately.
- This recipe yields 8 servings.

Bialys



Yield > 18

Keys : Bread Bakers Breads Low Calorie Fat Free Diet Hand Made Italian Italy European Mediterranean

Ingredients :

		BIALYS
2	cup	warm water
3	pkt	active dry yeast
4	tsp	sugar
3	tsp	salt
6	cup	bread flour (6 to 6 1/2)
		Flour for dusting (preferably rye flour For Added Flavor)
		Oil for greasing bowl
Topping:		
3	tbl	minced onion
2	tsp	poppy seeds (optional)
1	tsp	vegetable oil
1	pch	salt

Method :

- Combine topping ingredients and set aside.
- In a large bowl sprinkle yeast over the warm water to soften; stir to dissolve. Add the sugar, 6 cups of flour, and salt. Mix thoroughly until dough forms up and comes away from the sides of the bowl.
- Turn out the dough onto a floured worksurface and knead, adding small amounts of flour as needed, for 10 to 12 minutes.
- Shape the dough into a ball; place in a large oiled bowl and turn to coat. Cover and allow to rise 30 minutes. Press out all of the air with your fingers and allow to rise until doubled in size (20-30 minutes).
- Punch down the dough, divide into thirds, roll out under your palms into ropes, and cut each rope in 6 equal pieces. Roll into balls.
- Cover and allow the dough to rest for 10 minutes.
- Rollout each ball into a 3 1/2 inch circle. If the dough becomes too stiff or shrinks back, allow it to rest and go on to the next piece.
- Evenly space the circles on 2 floured or cornmeal dusted baking pans.
- Cover with flour rubbed cloths and allow to rise until puffy. Make an indentation from the center outward, leaving a 1-inch rim. A shot glass with a 1" bottom also works well. Press with a circular motion.
- Dribble bit of the reserved topping into the hole. Dust lightly with reserved flour. Cover with cloths and allow to proof until puffed up.
- Bake without steam in a preheated 450 deg F oven for 15-20 minutes.
- Make 18 bialys.

Biga

Yield > 1 Servings

Keys : Breads Starter Italian Italy European Mediterranean

Ingredients :

3 / 4	tsp	Yeast
1 / 4	cup	Water
MIX AND LET SIT 10 MINUTES		
ADD		
1 1 / 2	cup	Water
3 1 / 2	cup	Flour

Method :

- Mix into sticky dough 2 minutes by mixer or 4 minutes by hand. Cover tightly right on dough with lightly oiled plastic wrap.
- Let rise minimum 24 hours.
- It will store in refrigerator about 2 weeks or in freezer for 6 months.
- Starter can be kept going by adding flour and water 2:1 as necessary.

Bigoli in Salsa



Yield > 4

Keys : Main Dish Pasta Italian Italy European Mediterranean

Ingredients :

1	x	recipe Bigoli - Basic Recipe see * Note
6	tbl	Extra-virgin olive oil

Method :

- Bring 6 quarts water to boil and add 2 tablespoons salt. Place noodles in boiling water, and allow 8 to 9 minutes to cook.
- In a 12- to 14-inch saute pan, place oil, anchovies and onion over medium heat and cook. Stir often to break up

8	x	Salted anchovies fillets removed,
		and soaked in milk for 2 hours
1	med	Spanish onion chopped 1/16" dice
1/2	cup	Finely-chopped Italian parsley

anchovies until a paste is formed, about 8 to 10 minutes.

- Drain pasta and toss into pan. Add parsley, toss through and place on a plate. Serve immediately.
- This recipe yields 4 servings.

Bird's Nest Pie



Yield > 8 Servings

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

1	pkt	(8 oz) spaghetti
2	x	Eggs, beaten
1/3	cup	Grated parmesan cheese
1/2	cup	Onion, finely chopped
2	tbl	Margarine
1	ctn	, (8 oz) sour cream
1	lb	Italian or turkey sausage
1	can	(6 oz) tomato paste
1	cup	Water
4	oz	Mozzarella cheese, sliced

Method :

- Break spaghetti in half, and cook as directed on package until al dente; drain. While spaghetti is warm, combine with eggs and parmesan cheese.
- Press spaghetti into bottom and up sides of a well greased, 10" pie plate with a spoon. Saute onion in margarien, mix with sour cream and spread over crust. At the same time, brown sausage in large skillet; drain fat. Stir in tomato paste and water. Bring to a boil; reduce heat. Simmer uncovered 10 minutes, stirring occasionally. Spoon over sour cream mixture. Cover dish with foil, and freeze. To prepare for serving, thaw pie and cheese. Bake pie uncovered in preheated 350 oven for 25 minutes. Arrange mozzarella slices on top. Return pie to oven until cheese melts.
- NOTE: Instead of the sausage a lot of times I just use ground beef and it still tastes great.

Biscotti



Yield > 1 Servings

Keys : Cookies Italian Italy European Mediterranean

Ingredients :

1	cup	Butter
2 1/2	cup	Sugar
6	x	Eggs
6	tbl	Anise extract
2	tsp	Vanilla
1/4	cup	Milk
6	cup	Flour
6	tsp	Baking powder
1	tsp	Salt
2	tbl	Anise seed
1 1/2	cup	Slivered almonds

Method :

- Cream first 3 ingredients; add next 3. Sift together dry ingredients. Mix together and add nuts. Chill dough. Place 1/2 amount on waxed paper; make a roll like French bread. Chill. Remove from waxed paper and place on baking sheet. Bake 350' 20 mins or until light brown. Cool on rack. Slice into 1/2"slices and toast 5 mins.

Biscotti D'amaretti



Yield > 36 cookies

Keys : Cookie Italian Italy European Mediterranean

Ingredients :

3 1/4	cup	flour, all-purpose
2 1/2	tsp	baking powder
1/2	cup	butter or margerine, softened
1	cup	sugar
3	x	eggs
2	tsp	lemon peel, finely shredded
1/4	tsp	almond extract
1	x	pinch saffron, if desired
1/2	cup	almonds,finely chopped,toasted
1	x	egg white

Method :

- Combine flour and baking powder. In large mixer bowl beat butter and sugar until blended. Beat in eggs, lemon peel, almond extract and saffron. Beat in flour mixture until well blended. Stir in almonds.
- Divide dough in half. Shape each portion into a 12x2x1-inch loaf.
- Place 6 inches apart on a lightly greased cookie sheet. Beat the egg white until foamy. Brush over tops of loaves. Bake in 375F oven 20 to 25 minutes or until light brown. Cool on cookie sheet about 1 hour. Cut each loaf diagonally into 1/2-inch thick slices. Lay slices, cut side down, on cookie sheet. Bake in a 325F oven 10 minutes longer or until dry and crisp. Cool on wire rack. These cookies are good made several days ahead and stored in a paper bag to soften slightly. To store longer, place in a covered container.
- Makes about 36 cookies.

Biscotti L'orange



Yield > 27

Keys : Citrus Cookies Low Calorie Fat Free Diet Italian Italy European Mediterranean

Ingredients :

1	cup	sugar
1	tsp	grated orange rind
1	tsp	vanilla extract
1/2	tsp	orange extract

Method :

- Combine first 5 ingredients in a large bowl; beat at medium speed of a mixer until well-blended. Combine flour, walnuts, baking soda, and salt; gradually add to sugar mixture, beating until well-blended. Turn dough out onto a lightly floured surface, and knead lightly 7 times. Shape dough into a 16-inch-long roll, and place on a baking sheet coated with cooking spray; flatten roll to 1-inch thickness. Bake at 350F for 30 minutes. Remove roll from baking sheet; let cool 10 minutes on a wire rack. Cut roll diagonally into 27 (1/2-

3	x	eggs
3	cup	all-purpose flour
1/2	cup	chopped walnuts
3/4	tsp	baking soda
1/4	tsp	salt
		vegetable cooking spray

inch) slices, and place, cut sides down, on baking sheet.

- Reduce oven temperature to 325F, and bake 10 minutes. Turn cookies over, and bake an additional 10 minutes (the cookies will be slightly soft in center but will harden as they cool). Remove from baking sheet, and let cool completely on wire rack.
- Yield: 27 cookies (serving size: 1 cookie).

Biscuit Topped Italian Casserole



Yield > 7 Servings

Keys : Cheese Main Dish Ethnic Italian Italy European Mediterranean

Ingredients :

1	lb	Ground beef
1/2	cup	Chopped onion
1/4	cup	Water
1/4	tsp	Pepper
1	can	(8 oz) tomato sauce
1	can	(6 oz) tomato paste
1	pkt	(9 oz) mixed vegetables thawed
8	oz	Shredded mozzarella cheese
1	can	(10 oz) Refrigerated biscuit
1	tsp	Margarine or butter melted
1/2	tsp	Dried oregano leaves, crush

Method :

- Heat oven to 375 degrees F. Grease 12x8 inch (2 quart) baking dish. In large skillet, brown ground beef and onion, drain. Stir in water, pepper, tomato sauce and tomato paste; simmer for 15 minutes, stirring occasionally. Remove from heat; stir in vegetables and 1 1/2 cups of the cheese. Spoon mixture into greased baking dish.
- Separate dough into 10 biscuits. Separate each biscuit into 2 layers.
- Place biscuits near outer edge of hot meat mixture, overlapping slightly.
- Sprinkle remaining cheese in center and around edge. Gently brush biscuits with oregano.
- Bake at 375 degree F for 22 to 27 minutes or until biscuits are golden brown. 6 to 8 servings.

Bisquick Italian Flatbread



Yield > 12 Servings

Keys : Breads Italian Italy European Mediterranean Warm

Ingredients :

2	cup	Bisquick baking mix
2 / 3	cup	Very warm water, 120-130 deg
2	tbl	Butter or margarine, melted
1 / 4	cup	Shredded cheddar cheese, (1 ounce)
1 / 4	cup	Shredded monterey jack cheese, (1 ounce)
1 / 4	cup	Grated parmesan cheese
2	tsp	Parsley flakes
2	tsp	Italian seasoning

Method :

- Heat oven to 450.
- Mix baking mix and water until stiff dough forms. Let stand 10 minutes.
- Turn dough onto surface well dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 60 times. Pat dough into an 11-inch square on ungreased cookie sheet. Spread butter or margarine over dough.
- Mix remaining ingredients; sprinkle over dough.
- Bake 10 to 12 minutes or until edges are light golden brown. Serve warm.
- Dip slices in marinara sauce for an appetizer, serve as a complement to a meal of minestrone soup, or serve it alone as a light afternoon snack.
- NOTES : Made this early and refrigerated it. Took out of frig 30 minutes before baking. Was just fine.
- to cooking and had an error (calling for 2 cups instead of what I determined should be 2/3 cup water and hot water instead of very warm). I think olive oil should be just fine in place of the butter, but haven't tried that yet. I used a pastry brush to spread over the dough. Nice with chowder or soup for dipping. You could mess about with the combination of cheeses and seasonings without any harm at all.

Bistro Apple Pizza



Yield > 24 Servings

Keys : Cheese Pizza Fruits Italian Italy European Mediterranean

Ingredients :

1 / 4	cup	Garlic, minced
3 / 4	cup	Extra virgin olive oil
6	x	12" prepared pizza dough crusts
1	lb	Fresh spinach (aprox. 3 qts.), coarsely chopped
9	cup	Granny Smith apple, peeled & thin sliced
6	cup	Mozzarella cheese, shredded
6	cup	Blue cheese or Roquefort or Gorgonzola cheese, crumbled

Method :

- For _each_ pizza: Heat oven to 450iF. Sauta 2 teaspoons garlic in 2 tablespoons olive oil over medium heat for 1-2 minutes. Remove from heat.
- Brush olive oil blend onto pizza crust. Distribute 2 cups spinach evenly onto crust. Sprinkle on 1 & 1/2 cups apple.
- Blend one cup mozzarella cheese, one cup blue cheese and 1/2-cup Parmesan cheese. Distribute cheese evenly over apple.
- Sprinkle on one teaspoon oregano. Repeat for remaining pizzas.
- Bake for 12-15 minutes or until cheese bubbles and crust is brown.
- NOTES :
- Yield: Six 12-inch pizzas (24 servings).

3	cup	Parmesan cheese, finely grated
2	tbl	Dried oregano

Black Bean Lasagna



Yield > 1

Keys : Pasta Main Dish Vegetarian Ovo Lacto Italian Italy European Mediterranean

Ingredients :

2	cup	spaghetti sauce of choice
1 1/2	cup	cooked am black turtle beans
4	whl	grain lasagna noodles (cooked)
2	cup	ricotta cheese or- low fat cottage cheese
3/4	lb	mozzarella cheese, grated
1/2	cup	grated parmesan cheese
1/2	tsp	onion powder
1/2	tsp	garlic powder
1/2	tsp	Italian seasoning

Method :

- Preheat oven to 350F. Mix seasonings with spaghetti sauce, and spoon a small amount of the sauce into the bottom of a baking dish. Combine the rest of the sauce with the cooked beans. Assemble the lasagna in a 7-1/2" x 12" baking dish. Lay down 2 noodles, then follow with the beans and sauce, then add ricotta or cottage cheese, mozzarella, and the Parmesan cheese. Repeat, using the remaining noodles, end with the Parmesan cheese. Bake for 20 minutes.

Black Grape Foam

Yield > 4

Keys : Desserts Italian Italy European Mediterranean

Ingredients :

Method :

- Wash and stem grapes. Pass grapes through a food mill,

2	lb	Black grapes
		(may substitute any wine grape)
1/2	cup	Sugar
1/2	cup	Water
		Juice and zest of 1 lemon
1	cup	Heavy cream
GARNISH		
		Fresh cream
1	whl	grapes cleaned

not allowing any seeds through but including all pieces of pulp on skin that come through. Refrigerate.

- Make simple syrup by heating sugar and water until clear and refrigerate. When ingredients are cold, add simple syrup to grape pulp. Add lemon juice and zest and stir to mix well. Whip cream to soft peaks and fold into cold grape mixture. Place in ice cream machine and chill following machine instructions. When finished, pour into 2-ounce Dixie cups. Cover with plastic wrap and freeze.
- To serve, remove from freezer and allow to stand 10 minutes. Unmold into a martini glass and garnish with fresh cream and clean grapes.
- This recipe yields 4 servings.

Black Pasta



Yield > 1

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

3 1/2	cup	Unbleached all-purpose flour plus
1/2	cup	Unbleached all-purpose flour for dusting

Method :

- Make a mound of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the eggs, oil and squid ink. Using a fork, beat together the eggs, oil and squid ink and begin to incorporate the flour starting with the inner rim of the well.
- As you expand the well, keep pushing the flour up to retain the well shape. Do not worry that this initial phase looks

4	x	Extra-large eggs
1/2	tsp	Olive oil
1	oz	Squid ink
		(available in speciality food shops)

messy. The dough will come together when 1/2 of the flour is incorporated.

- Start kneading the dough with both hands, using the palms of your hands primarily. Once you have a cohesive mass, remove the dough from the board and scrap up any left over crusty bits. Lightly flour the board and continue kneading for 3 more minutes, the dough should be elastic and a little sticky. Continue to knead for another 3 minutes, remembering to dust your board when necessary. Wrap the dough in plastic and allow to rest for 30 minutes at room temperature. Do not skip the kneading or resting portion of this recipe, they are essential for a light pasta.
- This recipe yields 1 pound of pasta.

Blackberry Almond Kiss Dessert Pizza

Yield > 2 " pizzas

Keys : Desserts Berry Berries Nuts Italian Italy European Mediterranean Warm

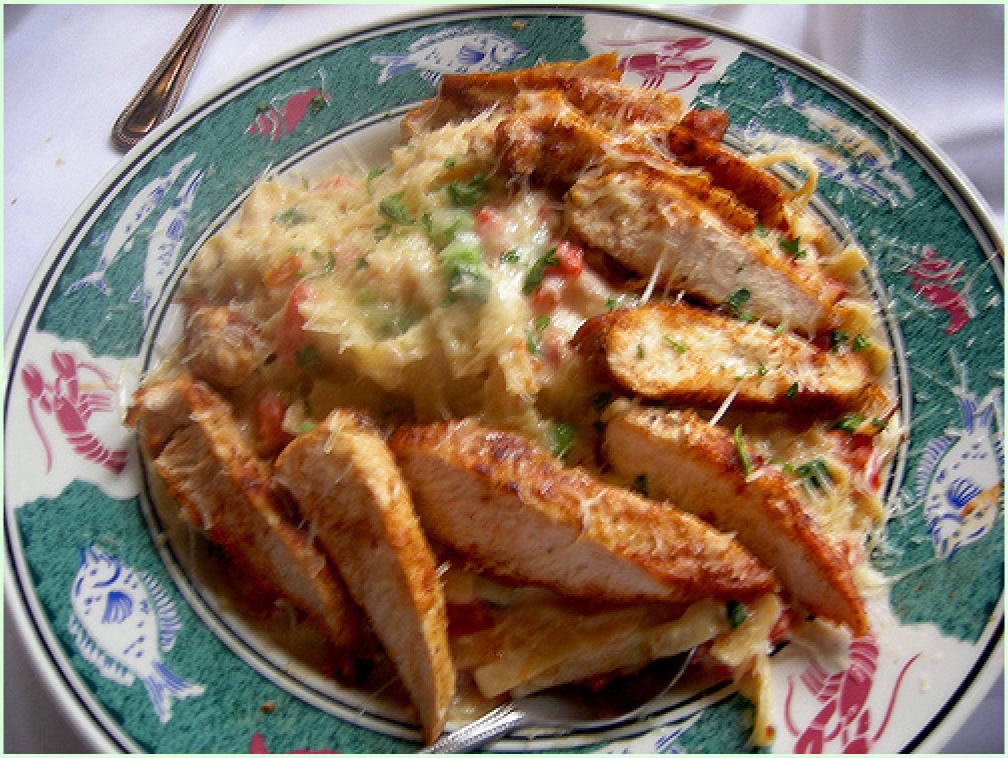
Ingredients :

2	x	12" Dessert Pizza Shells, unbaked
3	x	Egg whites
4	oz	Almond paste
8	oz	Blackberry preserves
TOPPING		
3/4	lb	Blackberries, whole
1 1/2	cup	Almonds, blanched, slivered, and toasted
8	oz	Chocolate chips
TO SERVE		
		Confectioners' sugar
		Whipped cream, OR vanilla ice cream

Method :

- Beat egg whites in mixer with paddle until foamy; add almond paste and cream until smooth. Add Blackberry preserves and mix until fully incorporated. Reserve Blackberry mixture.
- Top each unbaked pizza shell with 1/2 cup of the Blackberry/egg white mixture, leaving 1/2-inch border. Bake in 400 degree oven for 7 minutes.
- Remove from oven, and top each pizza with 6 oz. whole Blackberries, 3/4 cup toasted almonds and 4 oz. chocolate chips. Return to oven and bake for an additional 7 minutes.
- Remove and let cool for fifteen minutes. Serve warm, dusted with confectioners' sugar and topped with whipped cream or vanilla ice cream.

Blackened Chicken and Pasta



Yield > 4

Keys : Poultry Main Pasta Ethnic Italian Italy European Mediterranean Hot

Ingredients :

4	x	boneless skinless chicken breast halves
4	tbl	chef paul prudhome's poultry magic
4	tbl	butter, melted
1 / 2	lb	linguini
6	tbl	butter
1 / 2	cup	half and half
1	tsp	cayenne pepper
		chopped tomatoes, for garnish
		chopped green onions, for garnish

Method :

- Cook linguini until al dente, drain and set aside. Preheat iron frying pan on gas grill at high heat for 20 minutes. Put poultry magic seasoning in shallow bowl. Put melted butter in a second shallow bowl.
- Dip chicken first in butter on both sides, then in poultry magic. Place in preheated frying pan and cook 5-6 minutes on each side. While chicken is cooking, melt remaining 6 Tbs. butter in a dutch oven. Add half and half and cayenne pepper. Heat over medium heat until mixture bubbles. Add linguini.
- Cover and reduce heat to low. Remove chicken from frying pan and slice into thin strips. Serve over hot linguini noodes and garnish with tomatoes and green onions.

Blaukraut



Yield > 4

Keys : Cabbage Side Dish Vegetable Italian Italy European Mediterranean

Ingredients :

1	med	Red onion thinly sliced
6	cup	Red cabbage

Method :

- Place all ingredients in a 6-quart pot and cover. Bring to a boil over high flame and reduce to simmer. Cook covered 40 to 50 minutes, stirring frequently or until very tender. Can be reheated with great success.

4	x	Sage leaves
1	x	Garlic clove
2	cup	Red wine vinegar
2	tbl	Salt
2	tbl	Sugar

- This recipe yields 4 servings.

Blood Orange, Grapefruit and Raspberry Bellini

Yield > 6

Keys : Beverages Drinks Citrus Berry Berries Italian Italy European Mediterranean

Ingredients :

6	x	Blood oranges juiced
4	x	Pink grapefruit juiced
2	pkt	Raspberries pureed in blender,
		strained (save a few whole for garnish)
1	bot	Spumante Italian sparkling wine
		Mint sprigs for garnish

Method :

- To make 3 different drinks:
Blood Orange Bellini: Mix orange juice and wine.
- Grapefruit Bellini: Mix grapefruit and wine.
- Raspberry Bellini: Mix raspberry puree and some whole raspberries and wine.
- To serve, pour each into champagne flutes. Garnish with mint sprigs.
- This recipe yields 6 servings.

Bloody Mary Speghetti Sauce



Yield > 4 Servings

Keys : Ground Beef Hamburger Meats Minced Italian Italy European Mediterranean

Ingredients :

1	cup	Ketchup
1	cup	Water
1 / 2	cup	Vinegar
1 / 2	cup	Worcestershire sauce
1	lrg	Onion, chopped
1	dsh	Chili powder
1 1 / 2	lb	Ground beef, Browned and drained

Method :

- Mix indredients. Bring to a boil, lower heat and simmer for 30 to 40 minutes. Serve of speg. noddles
- NOTES : I grew up on this sauce, so I love it. When I make it for others, they either LOVE it or HATE it. Not much middle ground. When I make it for my wife, (the kids won't touch it) I add chopped stewed tomatos and a lot of sweet basil. When my mother and father split up, he had his lawyer put it in the court papers, that my mother had to give him a copy of the recipe.

"Blue" Fettuccine



Yield > 4

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

4	oz	danish blue cheese or 8 oz.
		danish blue castello cheese, chilled
1 / 4	cup	marinated, dried tomatoes
8	oz	green fettuccine or spinach
		egg noodles
2	tbl	minced shallots
1	x	garlic clove, minced
2	tbl	dry white wine
1 1 / 2	tsp	finely chopped fresh basil
		OR 1/2 tsp. dried basil
1 / 4	cup	chopped fresh parsley

Method :

- On waxed paper, divide cheese into 10 - 12 pieces; set aside. Drain oil from marinated tomatoes, reserving 1 tablespoon. Cut tomatoes into thin strips and reserve. Prepare fettuccine according to package directions until al dente; drain and return to pot. Meanwhile, in small skillet over medium heat, heat reserved oil; add shallots and garlic. Saute until shallots are limp but not brown. Add wine, basil and reserved tomatoes.
- Heat through and keep hot. Add mixture to pasta; toss. Add cheese and parsley; toss again to melt cheese. Serve immediately on heated plates.

Blushing Antipasto

Yield > 4 Cups

Keys : Salads Vegetables Low Calorie Fat Free Diet Italian Italy European Mediterranean

Ingredients :

6	oz	Can of V-8 juice
1 / 4	cup	Salad oil
2	tbl	Vinegar
6	oz	Pkg Italian Dressing mix
2	cup	Caulifloweret s
2	cup	Sliced fresh mushrooms
1	cup	Sliced carrots
1	cup	Sliced green pepper
1	cup	Sliced cucumber

Method :

- To make marinade: In jar, combine V-8 juice, salad oil, vinegar, and salad dressing mix; shake well. In bowl, combine vegetables; Pour marinade over all. Marinate in refrigerator for at least 4 hours, stirring occasionally.*
- NOTE: If not going to be eaten the same day, perhaps wait to add mushrooms and cucumbers until a few hours before serving - they will go limp instead of remaining crisp. The balance can be combined and marinated up to a couple of days ahead of serving in the refrigerator.
- * I have found it works best if you marinate in a tightly covered bowl.
- Then when you are in the kitchen and think about it, you can just turn it upside down, shake it a bit, and put it back in the frig instead of stirring it.

Boboli Crust



Yield >	2

Keys : Main Dish Crusts Ethnic Breads Italian Italy European Mediterranean

Ingredients :

2 1/2	cup	bread flour
2	sm	clov garlic, thinly sliced
1/2	tsp	salt
2	tbl	rosemary*
3/4	tsp	active dry yeast
3	tbl	bertolli light olive oil
1	cup	warm water

Method :

- Preheat oven to 400F. Combine flour, salt, yeast and water in bowl. Blend well, turn out onto floured surface. Knead well, about 15 minutes. Place in lightly greased bowl, not buttered, cover with a damp cloth and let rise for 1-1/2 hours (until doubled in bulk).
- Turn dough out, punch down and knead for 5 minutes or so. Return to bowl and let rise until doubled in bulk. Punch down and turn out on lightly floured board. Roll and press out to about 1/2 inch thickness.
- This recipe makes about 1-12 inchers-so you can judge whether to double or reduce the recipe. Rub surface of baking (cookie) sheet with oil and transfer the dough round to the sheet.
- Make several indentations with the point of a knife in the dough and insert garlic slices and rosemary into indentations.Rub olive oil (pour) onto surface and gently smooth over the surface. Salt and pepper surface LIGHTLY. Bake 10-12 minutes or until just golden. Remove from oven and TAKE OUT THE GARLIC SLIVERS! You can now top the crust, freeze it, eat it the way it is, smille at it (YOU DID IT!) Remember, when you top it the crust is alread 2/3 baked and will require only enough time so that the che eses, etc. are bubbly.

Boccone Dolce



Yield >	6 Servings

Keys : Desserts Italian Italy European Mediterranean

Ingredients :

6	x	Egg whites
		Salt
1/4	tsp	Cream of tartar
1 1/2	cup	Of sugar
6	oz	Semisweet chocolate
2 1/2	cup	Whipping cream

Method :

- Preheat oven to 250 F. Beat egg whites with pinch of salt until foamy. Add cream of tartar and beat until soft peaks form. Very gradually beat in sugar to form a glossy meringue; texture and appearance should be similar to cosmetic cold cream. Line baking sheets with parchment or waxed paper.
- Using an 8-in. cake pan, trace 3 circles. Use spatula to spread meringue evenly over circles. Bake in preheated oven 1 hour. Let meringues dry in oven an hour longer. The meringues shouldn't turn color beyond a very pale gold; if they begin to darken, prop oven door open. Remove meringues from oven and carefully peel off paper. Handling gently, set on

2	pt	Strawberries

racks to cool.

- Melt chocolate with 3 tbs. water in a double boiler. Spread over meringues.
- Make sure chocolate cools thoroughly on discs before continuing. Slice berries, save 8 lovely ones with hulls for decoration. Whip cream until stiff. Place 1 chocolate-iced disc on serving plate and spread with thick layer of whipped cream. Cover with half of the sliced berries. Repeat with second chocolate meringue. Place white meringue on top and spread with whipped cream. Pipe on a fancy border of whipped cream using a pastry bag.
- Arrange whole berries around edge so bright red and green form a brilliant contrast to the white cream and meringue. Keep in refrigerator until ready to serve.
- GENOA
- ASTI SPUMANTI/DOMAINE CHAN. BRUT

Bollito Misto



Yield > 8)

Keys : Italian Italy European Mediterranean

Ingredients :

1	sm	ox tongue about 1.2 1.5kg in weight

Method :

- Soak the tongue in cold water preferably for 24 hours but at least 45 hours.
- Drain and place in a large saucepan.
- Cover with water and add half the stock ingredients.

1	**lrg**	boiling fowl or capon about 2 25 2.75kg in weight
2	**x**	pre cooked cotechino sausages or zampone di Modena
20	**x**	carrots scrubbed
3	**x**	celery hearts each divided lengthways into quarters
		sea salt and freshly ground black pepper
For the stock:		
		bunch parsley stalks (use the leaves for the accompanying Salsa Verde qv)
1	**head**	garlic cut in half
4	**x**	carrots scrubbed
4	**x**	bay leaves
2	**x**	red onions peeled
2	**tbl**	black peppercorns
		outside celery sticks from the hearts

- Simmer for 3 hours skimming off any scum as it comes to the surface until the tongue is soft and a fork or skewer can be easily inserted.
- Remove the tongue from the stock and place on a board.
- Peel off the skin it should come away easily.
- Return the skinned tongue to the saucepan and cook for a further 30 minutes.
- After the tongue has been cooking for 2 hours put the boiling fowl in another large saucepan and cover with water.
- Add the remaining stock ingredients and very gently simmer for 1.3/42.1/2 hours depending on size.
- Cook the sausages according to the instructions on the packet.
- Zampone are larger and will take 40 minutes to cook.
- Cotechino will be ready in 20 minutes.
- Add the carrots and celery hearts to the chicken 20 minutes before serving.
- Season with a little salt.
- Turn off the heat under the three pans and keep the meats in their various stocks.
- Taste the chicken stock and add more salt if necessary.
- To serve cut the tongue into 5mm thick slices; the chicken (some white and some brown meat) into similar slices; and the sausages into 8mm slices.
- Arrange on a large warm serving plate and pour over some of the strained chicken stock. Arrange the carrot and celery around the meats.
- Serve with Salsa Verde mostarda di Cremona and lentils (qv).
- Variation:
  Veal or beef silverside (1.2 1.5 kg) can be cooked in the same way and for the same time as the tongue but you should add 34 plum tomatoes either tinned or fresh and 50g dried porcini to the stock ingredients.
- This is the classic dish for New Years Eve in northern Italy. The lentils symbolise wealth the meat health and the mostarda good spirits for the year to come.
- Serves 8

Bolognese Meat Sauce



Yield > 4 Servings

Keys : Pasta Sauces Meats Italian Italy European Mediterranean

Ingredients :

4	tsp	Olive oil
1/2	cup	Chopped onion
2	x	Garlic cloves, minced
1/4	cup	Each minced carrot and celery
8	oz	Ground veal
1/2	cup	Skim milk
2	cup	Drained canned Italian tomatoes, finely chopped
1	tsp	Salt

Method :

- Dash each pepper nad ground nutmeg
- In heavy 1 1/2-quart saucepan heat oil; add onion and garlic and saute until onion is translucent. Add carrot and celery and saute for about 2 minutes; add veal and cook, stirring constantly with a fork, until meat is crumbly and loses its pink color. Add milk and cook over low heat, stirring frequently, until some of liquid has evaporated, about 3 minutes; add remaining ingredients and bring to a boil. Reduce heat and let simmer, stirring occasionally, until sauce is thick and creamy, about 30 minutes.
- Makes 4 servings, about 3/4 cup each.

Bombas De Crema - (Cream Puffs)



Yield > 20

Keys : Desserts Italian Italy European Mediterranean

Ingredients :

PASTRY		
2	x	Egg yolks
2	tbl	Sugar
1/4	tsp	Freshly-ground black pepper
1/4	tsp	Cinnamon
1/2	cup	Fresh orange juice
1/2	cup	Extra-virgin olive oil
		Zest of 1 orange
2 1/2	cup	Flour
CREMA		
3	cup	Milk
4	x	Egg yolks
1/4	cup	Cornstarch
1/2	cup	Sugar
		Zest of 1 lemon grated
4	cup	Oil for deep frying

Method :

- In a mixing bowl, stir together 2 yolks, 2 tablespoons sugar, pepper, cinnamon, orange juice and oil until well blended. Add zest and then slowly add flour to form a smooth dough. Cover and rest 1 hour.
- Place milk in a saucepan, bring to a boil and remove from heat. Combine cornstarch and 1/2 cup sugar. Place 4 egg yolks on top of double boiler, add cornstarch mixture and whisk until it turns light yellow. Add milk and lemon zest and cook, stirring constantly until the mixture thickens to the consistency of custard, about 7 to 10 minutes. Remove and allow to cool.
- Heat oil to 375 degrees.
- Roll dough into a sheet 1/4-inch thick and cut into 5-inch by 1-inch rectangles. Fry until golden brown on both sides. Remove and drain on paper towels. Cut in half horizontally and spoon cool pastry cream on bottom half. Cover with top half, dust with powdered sugar and serve.
- This recipe yields 20 bombas.

		Powdered sugar to garnish

Boquerones



Yield > 4

Keys : Fish Ocean Main Dish Seafood Italian Italy European Mediterranean

Ingredients :

2	cup	Virgin olive oil
20	sm	Smelts - (whole) scaled, gutted
1	cup	Flour to dust fish
		Salt to taste
		Freshly-ground black pepper to taste
		Lemons wedges

Method :

- Preheat oil to 370 degrees.
- Rinse smelts and pat dry. Dredge fish in flour and season with salt and pepper. Cut a slit in the tail of one fish, pinch together the tails of 3 other fish, and stuff them through the slit to form a fan shape. Hold together with light pressure and place fish in hot oil. Cook carefully until light golden brown, about 2 to 4 minutes. Remove and drain on paper towels. Serve immediately with lemon wedges.
- This recipe yields 4 servings.

Bouillabaise



Yield > 1

Keys : Crockpot Casserole Main Dish Seafood Italian Italy European Mediterranean Hot

Ingredients :

1	gm	granaroli xbrg76a
4	x	cloves garlic finely chopped
1	x	28 ounce can tomatoes, (coarsely
1	lb	fin fish, (red snapper
		chopped) with liquid flounder, trout)
2	cup	fish stock, clam juice or

Method :

- Cut boneless pieces of fish into bite size pieces. Remove shells from shrimp, lobster, crab. Scrub clams and mussels. Sauteeonions, garlic and shallots in oil on low heat until lightly golden. In a large pot, put in all liquids and seasonings except parsley. Bring to a boil. Lower heat and simmer 15 minutes.
- Add all seafood, mix and simmer 10 minutes. Serve hot in large bowls. Top with parsley. Serve with crusty bread, semi-soft cheese and a tossed salad.

		chicken broth
		scallops, crab meat-any or
1/2	cup	dry sherry
		all
2	tsp	salt
18	sm	clams, mussels, or lobster
1/2	tsp	thyme, basil, saffron
		claws-any or all
		pepper to taste
1/4	cup	olive oil
		fresh chopped parsley for
1	lrg	onion finely chopped
		garnish

Bourride



Yield > 4

Keys : Fish Ocean Main Dish Seafood Italian Italy European Mediterranean

Ingredients :

1	x	Fennel bulb cut 1/8" slices
1	med	Spanish onion cut 1/8" slices
3	x	Bay leaves

Method :

- In a 6-quart saucepan, place fennel, onion, bay leaves, peppercorns, thyme, garlic, wine, water and vinegar and bring to a boil. Add cod, lower heat and simmer until just cooked through, about 8 to 10 minutes. Remove cod to a serving dish in a warm place and cover.

5	x	Peppercorns
1	sprg	Thyme
3	x	Garlic cloves
3	cup	Dry white wine
5	cup	Water
2	tbl	White vinegar
4	x	Cod fillets - (6 oz ea)
4	slc	Crusty French bread - (1" thick) toasted
16	x	Borage flowers
AIOLI		
10	x	Garlic cloves
3	x	Egg yolks
		Juice of 1/3 lemon
2	cup	Extra-virgin olive oil
		Salt to taste
		Freshly-ground black pepper to taste

- To make aioli: Place garlic, egg yolks and lemon juice in a food processor and blend until smooth. With machine running, drizzle oil into garlic mixture in a thin stream until a thick emulsion is formed and all oil has been used. Season with salt and pepper.
- Place 2 cups warm poaching liquid in a saucepan and add aioli. Whisk until smooth and cook slowly, whisking constantly over low heat until sauce thickens to the consistency of cream. Place 1 piece of toast in each of 4 bowls, place 1 cod fillet on top of each and spoon soup over. Sprinkle with Borage blossoms and serve.
- This recipe yields 4 servings.

Bow Tie Pasta with Blackened Scallops



Yield > 4

Keys : Seafood Pasta Fish Vegetarian Vegan Italian Italy European Mediterranean

Ingredients :

FOR THE PEPPER SAUCE		
2	x	roasted red bell peppers
1/3	cup	shallot, chopped
1	x	garlic clove, peeled and chopped
1	tbl	sherry vinegar
1/2	cup	seafood stock
2	tbl	chopped fresh basil, OR
1	tbl	dried basil

Method :

- Bring a large pot of water to a boil over high heat.
- In the meantime, make the sauce. Put the roasted peppers, shallots, garlic, and vinegar in a blender and puree until smooth. Add 1/2 cup seafood stock and the basil and mix until blended. Transfer the mixture to a small saucepan, cover, and warm over the lowest heat setting.
- For the cilantro pesto, put the walnuts, garlic, and cilantro in the bowl of a food processor. Turn the machine on and add 1 tablespoon of the seafood stock through the feed tube. Drizzle in the lemon juice to form a paste. Transfer the contents of the food processor to a small mixing bowl and whisk in another 3 tablespoons of the stock.
- When the water comes to a boil, add the pasta to the pot. Cook for 8 to 10 minutes, to desired tenderness. Drain.
- Dust the scallops with the blackening seasoning, paprika,

FOR THE CILANTRO PESTO		
2	tbl	walnuts, chopped
3	x	garlic cloves, peeled
1 1/2	cup	fresh cilantro leaves
1/4	cup	seafood stock
3	tbl	freshly squeezed lemon juice
8	oz	dried bow tie, (butterfly) pasta
16	lrg	sea scallops, (about I pound)
4	tbl	blackening seasoning
1	tbl	paprika
1	tsp	dried thyme

and thyme. Heat a heavy frying pan for 2 to 3 minutes over medium heat. Spray the pan with vegetable oil. Add the pared scallops and sear them for 2 minutes on each side. Reduce the heat to low and squeeze the lemon over the scallops. Cover and cook for about 5 minutes, until the scallops are firm.

- Return the drained pasta to the pot. Over low heat, stir in the cilantro pesto.
- Divide the pasta among 4 bowls. Place 4 scallops on top of each and pour the pepper sauce over the scallops.
- An extravaganza for the eye and the palate, this dish teams spicy blackened scallops with whimsical bow tie pasta in a novel cilantro-walnut pesto. It's topped by a roasted red pepper sauce that's as vibrant as it is pungent.
- The seafood stock can be made from fish-flavored bouillon cubes available in most supermarkets.

Boysenberry Almond Kiss Dessert Pizza

Yield > 2 " pizzas

Keys : Desserts Berry Berries Nuts Italian Italy European Mediterranean Warm

Ingredients :

2	x	12" Dessert Pizza Shells, unbaked
3	x	Egg whites
4	oz	Almond paste
8	oz	Boysenberry preserves
TOPPING		
3/4	lb	Boysenberries, whole
1 1/2	cup	Almonds, blanched, slivered, and toasted
8	oz	Chocolate chips
TO SERVE		
		Confectioners' sugar
		Whipped cream, OR vanilla ice cream

Method :

- Beat egg whites in mixer with paddle until foamy; add almond paste and cream until smooth. Add Boysenberry preserves and mix until fully incorporated. Reserve Boysenberry mixture.
- Top each unbaked pizza shell with 1/2 cup of the Boysenberry/egg white mixture, leaving 1/2-inch border. Bake in 400 degree oven for 7 minutes.
- Remove from oven, and top each pizza with 6 oz. whole Boysenberries, 3/4 cup toasted almonds and 4 oz. chocolate chips. Return to oven and bake for an additional 7 minutes.
- Remove and let cool for fifteen minutes. Serve warm, dusted with confectioners' sugar and topped with whipped cream or vanilla ice cream.

Braciole



Yield > 12 Servings

Keys : Beef Main Onions Sausage Meats Italian Italy European Mediterranean

Ingredients :

2	x	Round steaks, one inch thick, (1 1/2 pound each)
1	lb	Italian sausage
1	med	Onion, sliced
1	cup	Herb stuffing mix
1	x	Egg
1/4	cup	Water
4	oz	Pimientos, halved
8	oz	Sliced mozzarella cheese

Method :

- Split the steaks, butterfly fashion, (split, but not all the way; open to one large piece).
- Pound steak with mallet or edge of heavy plate. Cook the sausage in a large skillet; drain well. In the same skillet, saute the onion; lift out with a slotted spoon; place onion on steaks. Add stuffing mix, egg and water to skillet; mix well; spread over steaks. Remove 1 slice cheese from package; slice lengthwise. Place half of cheese strips and half of the pimeintos along one edges of the steak. Place sausage on pimientos. Starting at the end, roll up each steak, jell-roll fashion. Repeat with second steak. Tie rolls every two inches. Place in a shallow baking pan; pour 3/4 cup water over rills. Bake in 350 F. oven for 40 minutes, basting occasionally.
- Sprinkle reserved chopped cheese over rolls. Bake 10 minutes longer or until cheese melts. Remove strings; slice.
- To Freeze: Wrap uncooked rolls in foil; label with finishing instructions and freeze. To bake frozen rolls; unwrap; place in baking pan. Pour 3/4 cup water over. Bake in 350 F. oven for 1 hour and 40 minutes, basting occasionally. Sprinke cheese on top; bake for 10 minutes longer.

Braised Baked Potatoes(Patate Brasate Al Forno)



Yield >	4

Keys : Tubers Root Vegetable Italian Italy European Mediterranean

Ingredients :

1	lrg	onion coarsely chopped
750	gm	waxy potatoes peeled and cut into 5mm slices
1/2	tbl	each chopped fresh basil sage chives and parsley
250	gm	ripe tomatoes coarsely chopped
1	x	salt and freshly ground pepper
3	tbl	extra virgin olive oil

Method :

- Preheat the oven to 240C/475F/Gas 9.
Put all the ingredients into a roasting pan and mix together with your hands.
- Bake for about 1 hour until the potatoes are cooked.
- This is a peasant meal made in the country when everyone is busy and no one has time to cook. It is just thrown into the oven without a lot of care but funnily enough it is this that gves the perfect taste to the dish. You can eat it by itself or serve it with any roasted meat.
- Serves 4

Braised Beef with Rosemary



Yield >	1

Keys : Meats Herbs Italian Italy European Mediterranean

Ingredients :

50	gm	streaky bacon finely diced
1	clv	garlic chopped
		grated rind 1/2 lemon
1	x	salt pepper
1/2	tsp	dried rosemary
750	gm	sirloin of beef
50	gm	flour
4	tbl	olive oil
3	x	onions sliced
150	ml	red wine
150	ml	water
1	tbl	tomato puree
1	tbl	single cream
1	x	tomato quartered
		sprigs parsley

Method :

- Mix the bacon garlic lemon rind salt pepper and rosemary.
- Rub into the meat.
- Cover the joint and put in the refrigerator for about 3 hours to absorb the flavours.
- Dust the meat with half the flour.
- Heat the oil in a braising pan and fry the onions until they are golden yellow.
- Add the meat and fry on all sides until brown about 10 minutes.
- Add the wine and water stirring up any residue sticking to the pan.
- Cover and braise for 35 minutes over a low heat.
- Remove the meat from the pan place on a hot dish cover and keep warm.
- To make the sauce stir up the pan juices and sieve them into a saucepan.
- Bring to the boil.
- Mix the remaining flour with a little cold water and the tomato puree and add to the sauce.
- Bring to the boil then simmer for 5 minutes over a low heat.
- Season with salt and pepper.
- Stir in the cream.
- Garnish the meat with tomato quarters and parsley and serve the sauce separately.

Braised Cavolo Nero



Yield > 6

Keys : Italian Italy European Mediterranean

Ingredients :

6	x	heads cavolo nero
		sea salt and freshly ground black pepper
3	tbl	olive oil
2	clv	garlic peeled and finely sliced
		extra virgin olive oil

Method :

- Remove the tough centre stems from the cavolo nero leaves.
- Wash and blanch in boiling salted water for about 3 minutes.
- It is important not to overcook.
- Heat the olive oil in a heavy bottomed saucepan and gently fry the garlic.
- When it begins to colour add the blanched cavolo and season generously.
- Cook together to blend the garlic with the cavolo about 5 minutes.
- Remove from the heat pour over extra virgin olive oil and serve.
- Serves 6

Braised Field and Wild Mushrooms (Funghi Brasati)

Yield > 6)

Keys : Italian Italy European Mediterranean

Ingredients :

Method :

100	gm	dried porcini mushrooms reconstituted (qv)
675	gm	medium flat field mushrooms thickly sliced
5	tbl	olive oil
3	clv	garlic peeled and sliced
		sea salt and freshly ground black pepper
2	tbl	chopped basil marjoram or flat leaf parsley
1	x	juice of 1 lemon

- Heat 4 tablespoons of the olive oil in a large heavy bottomed pan until smoking.
- Add the sliced fresh mushrooms and fry stirring constantly for 15-20 minutes or until the mushrooms have become very dark and soft.
- Remove and keep warm.
- Wipe clean the pan.
- Strain the porcini retaining their juices and rinse and squeeze dry.
- Heat the remaining olive oil in the pan and gently fry the garlic and porcini.
- When the garlic begins to colour pour the strained porcini juices into the pan and simmer until reduced to 2 tablespoons.
- Add the cooked mushrooms season with salt and pepper and stir to combine the flavours. Add the herbs and lemon juice and serve.
- Serves 6

Braised Stuffed Rabbit Legs with Walnuts

Yield > 4

Keys : Main Dish Rabbit Game Meats Nuts Italian Italy European Mediterranean

Ingredients :

4	x	Rabbit legs
1/2	cup	Walnuts
2	x	Garlic cloves
1/4	cup	Extra-virgin olive oil plus
4	tbl	Extra-virgin olive oil
1	tsp	Chopped fresh rosemary leaves
1	tbl	Freshly-ground black pepper
2	med	Red onions cut into 1" dice
1/4	cup	Dried cherries
1/4	cup	Dried apricots cut 1/8" julienne
1	bot	Prosecco wine

Method :

- Remove bones from rabbit legs and butterfly open.
- In a food processor, blend together walnuts, garlic, olive oil, rosemary and pepper until a paste is formed. Divide paste among 4 rabbit legs and roll each leg up. Tie each leg securely with butcher's twine.
- In a 10- to 12-inch saute pan, heat 4 tablespoons oil until smoking. Place rabbit legs in pan and saute on all sides. When fully browned, add onions, cherries and apricots and saute until softened, about 6 to 7 more minutes. Pour in Prosecco and bring to boil. Lower to a simmer and cover halfway. Cook 50 to 60 minutes until very tender, turning occasionally. If liquid dissipates, add 1/4 cup water at a time.
- Remove rabbit legs and cut the strings. Place on platter, top with cherry mixture and serve.
- This recipe yields 4 servings.
- Comments: The original recipe title as listed is "Braised Stuffed Rabbit Legs With Walnuts, Proseco, Dried Cherries And Apricots".

Branzino Alla Zoni

Yield > 6 Servings

Keys : Seafood Italian Italy European Mediterranean

Ingredients :

3	**lb**	Red snapper filets
1 1/2	**cup**	Sliced mushrooms
4	**tbl**	Butter
1/3	**cup**	Dry white wine or Vermouth
1/3	**cup**	Lemon juice
2	**tbl**	Chopped parsley
1	**pch**	Cinnamon
GARNISH		
2	**tbl**	Toasted pine nuts
2	**x**	Oranges, peeled, cut into halves and sliced

Method :

- 1. Saute snapper filets and mushrooms in butter until half done.
- 2. Add wine and lemon juice and cook a bit longer. Toss in remaining ingredients and cover for a minute or so.
- 3. When the fish is done, serve with mushrooms, pine nuts and orange pieces piled on top.
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Bread and Tomato Soup with Olive Oil - Jeff Smith

Yield > 12 Servings

Keys : Soups Stews Italian Italy European Mediterranean

Ingredients :

1 / 2	lb	Italian bread, dried overnight
1 1 / 2	cup	Tomato, chopped
8	cup	Chicken stock
		Salt and pepper, to taste
1	med	Onion, chopped fine
garnishes		
2	cl	Garlic, crushed
		Extra virgin olive oil, driz
1 1 / 2	tbl	Fresh sage, chopped
		Grated parmesan cheese
2	cup	Fresh tomato sauce

Method :

- Cut the bread into 1" pieces and place on a sheet pan. Allow to dry overnight. Place the chicken stock, onion, and garlic in a 6 quart pot. Cover and simmer gently for 30 minutes. Add the sage, tomato sauce, chopped tomato, and the bread, which has been soaked in cold water to cover for 2 minutes, then drained and squeezed dry. Simmer, covered, gently for 20 minutes. Allow to stand covered 15 minutes so that the bread will continue to expand and absorb flavor. Reheat the soup to serving temperature and add salt and pepper to taste. Serve with the garnishes.

Bread Crostini



Yield > 36 bites

Keys : Breads Bake Party Italian Italian Italy European Mediterranean

Ingredients :

12	slc	white bread
30	gm	butter
TOPPING:		
50	gm	butter
2	tbl	flour, plain
1	cup	milk
3	tbl	parmesan cheese
		salt, pepper
1	x	egg yolks
100	gm	mushrooms
3	x	anchovy fillets
TO GARNISH:		
1/4	cup	Parmesan cheese
50	gm	anchovy fillets
6	x	olives, black
1/4	x	red capsicum

Method :

- Cut crusts from bread. Brush each side with melted butter and place on a tray and in a moderate oven for 10 minutes or until golden brown, remove and allow to cool.
- Make the topping:
  Finely dice mushrooms and anchovy fillets.
- Melt butter in a saucepan, add flour and cook 1 minute, add milk and stir until mixture is thick and smooth. Remove from heat, add grated cheese, mushrooms, anchovy paste, egg yolk and seasoning. Stir well to combine.
- Spread teaspoons full of mixture onto toasted bread and sprinkle with extra parmesan. Garnish with olive, capsicum strips and anchovy pieces. Bake in a hot oven for 5-7 minutes.
- Starter for dinner parties.
- Can be made ahead and reheated in the oven as required.

Bread Pizza



Yield > 1 Servings

Keys : Italian Italy European Mediterranean

Ingredients :

1	x	White Bread Slice
		Ketchup
1	x	Hot Dog
1	pch	Oregano
1	x	American Cheese Slice

Method :

- Spread Ketchup on Bread, drop on a pinch or two of Oregano. Place one slice of American Cheese on top. Cut Hot Dog into little round pieces 1/8 to 1/4 inch , and place 5 or 6 pieces per slice of bread. Bake in toaster oven until the cheese melts.

Breadcrumbs, Plain and Italian Style



Yield > 1

Keys : Italian Italy European Mediterranean Italian

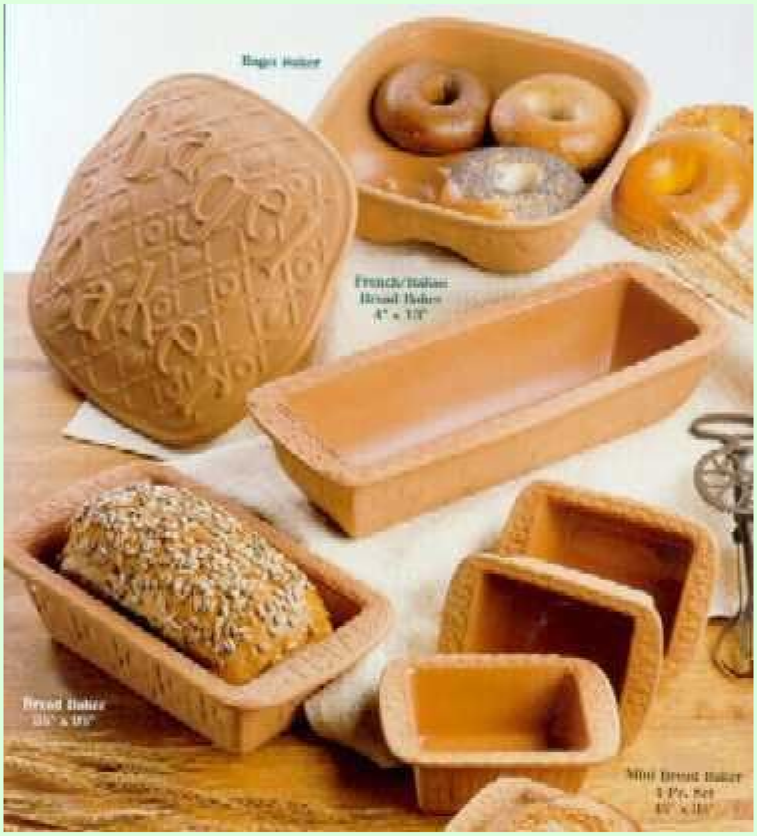
Ingredients :

3	cup	crumbs
2	tbl	dry milk
1	tbl	brown sugar
1	dsh	salt & pepper
1	tbl	dried parsley
2	tsp	onion powder
1	tsp	garlic powder

Method :

- And 1 Tbsp Italian seasoning if you want the Italian flavor for the crumbs Also, if you want a slightly more moist texture, add 1 Tbsp 100% pure virgin olive oil
- I "save" in an airtight container, all the crusts from my loaves of bread, especially the wheat!
- I dry them in the oven, on a low temp. and then grind them with one of those old fashioned food grinders. Of course, there are electric ones to use now, but I like the "action" on the old grinders. Add to crumbs: (to make approx. 1 qt.)
- Toss bread crumbs with other ingredients.

Breadmaker Italian Bread



Yield > 12 servings

Keys : Breads Machine Italian Italy European Mediterranean

Ingredients :

1 1/4	cup	Water
1 1/2	tsp	Salt
2	tbl	Olive oil
3 1/4	cup	Bread flour
1/4	cup	Italian Bread improver, King Arthur brand
2	tsp	Yeast

Method :

- Place ingredients in your breadmaker according to manufacturer's suggestions.
- Select the dough cycle. When finished, place the dough on lightly floured board. Punch down. Flatten out slightly and with wet hands, pat water on the top of the dough. Dry your hands and roll the dough in a jelly roll fashion. Place the dough on a floured peel or directly onto a heavy, dark, baking sheet. Let rise 35-40 mins.
- Preheat oven to 350F. Bake for about 20 mins.
- Let cool completely before slicing.

Breadsticks Italiano



Yield > 8 Servings

Keys : Breads

Ingredients :

1 / 2	cup	Butter
1 / 4	cup	Parmesan, grated
1	tsp	Garlic salt
1	tbl	Chives, chopped
1 / 2	tsp	Basil, dried
11	oz	Breadsticks, canned

Method :

- Soften butter. Preheat oven to 350. Combine all ingredients except breadsticks; mix well. Separate dough into 1 section per serving. Unroll dough; cut each strip in half. Place dough on cookie sheet according to package directions. Spread lightly with butter mixture. Bake for 15-18 minutes, or until lightly browned. Serve with remaining butter mixture.

Breakfast Lasagna



Yield > 1

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

1	pkt	lasagna noodles
1	lb	ricotta cheese
2	x	eggs
6	tbl	unsalted butter
6	tbl	flour
3	cup	milk
1 / 2	tsp	dry mustard

Method :

- Prepare noodles according to package directions. Mix ricotta cheese with eggs.
- Prepare white sauce: melt butter in medium saucepan, add flour, stirring until smooth. Add milk slowly using whisk. Cook slowly until sauce is smooth and thickened. Add dry mustard, nutmeg, and salt. Stir in wine and 1/2 of the Parmesam cheese.
- In small pan, sauteegarlic in oil. Remove garlic, add oil to sauce. Stir in tomato paste. Layer ingredients into a 13 X 9 X 2 lasagna pan starting with a thin layer of sauce. Next a layer of noodles followed by the ricotta cheese and egg mixture, the ham, the gruyere and the mozzarella cheese. To with sauce

1 / 4	tsp	nutmeg
1	pch	salt
2	tbl	red wine
1 1 / 2	tsp	tomato paste
1	tbl	olive oil
4	x	cloves garlic
1	lb	cooked ham, thinly sliced
1 / 2	lb	gruyere cheese, grated
1 / 2	lb	mozarella cheese, grated
1 / 4	lb	parmesan cheese, freshly grated
		fresh parsley, chopped

and Parmesan cheese. Repeat, starting with noodles, until finished, ending with sauce and Parmesan cheese. Sprinkle with parsley. Bake at 350F for 35 to 45 minutes in a preheated oven. Let stand for 10 minutes before serving.

- Western New York State several years ago. It won a prize in a Lasagna contest sponsored in the same area in 1984 or thereabouts.

Breaking Out of the Pasta Rut

Yield > 1

Keys : Italian Italy European Mediterranean

Ingredients :

Method :

- Pasta is the savior of busy cooks. When we can't think of anything else, there's always that jar of red sauce. Within a few minutes, we've boiled the pasta, heated the sauce, and thrown in whatever was lurking in the refrigerator that looked good. Sprinkle with Parmesan and we're done.
- While this meal is handy, I'm tired of it. Making the same thing repeatedly bores me, even when it meets my criteria for an incredibly quick meal.
- If you feel the same way, here are some ways to break out of your rut, without spending any extra time on the sauce. First, choose your sauce base: canned spaghetti sauce, prepared Alfredo sauce, olive oil, or fresh tomatoes.
- Then, try one of the combinations below.
- The premise is simple: add a few exciting things to the base so that that your dish tastes good enough to make again, and good enough to make for company.
- Some of these combinations are deceptively simple and surprisingly luscious.
- I made the tuna and olive oil dish for my skeptical husband, and together, we finished the whole bowl. The anchovy pasta has been a family favorite for years.
- 1. Spaghetti Sauce Base
- Saute these items below in a pan, then add the sauce: sausage slices, browned with sliced red peppers and onions mushrooms (a variety is good) sauteed in butter and herbs, preferably fresh sage leftover sliced chicken breast sauteed quickly with onions or shallots. Add chopped green olives to taste.
- 2. Alfredo (white sauce) Base
- Today you can purchase respectable pre-prepared white sauces at the grocery store. Just heat the sauce over the stove, then throw in:
- smoked salmon pieces, capers, and dill
peas and chopped pancetta or ham
a few twists of lemon peel, a squeeze of lemon juice, and cooked shrimp.

- 3. Olive Oil Base
- This one is so easy, it's ridiculous. You can make just about anything with the triumvirate of olive oil, garlic and Parmesan. You can even leave it at that, for a classic Italian dish. Or, saute minced garlic over low heat, then add:
a can of anchovies, smash them, then toss sauce with pasta and 1/4 cup of chopped parsley.
- a can of tuna, capers and chopped parsley.
- chopped arugula, spinach or chard (tough stems discarded). Toss pasta with Parmesan cheese.
- chopped cooked broccoli.
- Toss with Parmesan, bacon bits and hot red pepper flakes.
- 4. Fresh or Canned Tomato Base
- Start with a saute of:
olive oil and diced zucchini, then a clove or two of garlic, minced. Throw in tomatoes and heat. Add chopped fresh basil and toss.
- olive oil and garlic, add a can of tomatoes, dried herbs, and a can of chickpeas. Add chopped fresh basil and toss.
- olive oil and garlic, add a can of tomatoes, then 1 lb. shrimp. Toss in herbs such as fresh basil and parsley, and sprinkle pasta with Parmesan cheese.

Brenda Vaccaro's Terrific Italian Sausage

Yield > 1

Keys : Italian Italy European Mediterranean Italian Hot

Ingredients :

1	lb	Italian sausage
		salt for skillet
2	tbl	top grade olive oil
1	x	yellow onion, peeled, chop
3	lrg	red, green or yellow pepper, diced
8	x	Italian plum tomatoes, to 10
		salt to taste
		fresh ground pepper to taste
1	x	lemon, cut

Method :

- Separate sausage into individual links. Spread thin layer of salt evenly on bottom of large iron skillet; heat over high flame. Add sausage, reduce heat, and cook slowly until sausage are brown and crisp on all sides. In separate skillet, heat olive oil. Add onion and pepper; cook over low heat, stirring.
- Cut and seed tomatoes; press through sieve. Add to skillet and peppers. Cook over moderate heat, stirring until thickened and nicely colored. Season to taste with salt and pepper. Drain cook hot sausage on absorbent paper; removing excess salt and grease. Squeeze lemon juice over sausage. Serve sauce hot on the side, or spoon over sausage.
- NOTE: Brenda's speciality can be more pungent if made with pressed garlic or herbs such as basil, oregano or Italian parsley. Include 3 to 4 crumble strips of bacon (optional) in the dish.

Broccoli and Noodles Parmesan



Yield > 8

Keys : Pasta Cheese Vegetables Italian Italy European Mediterranean

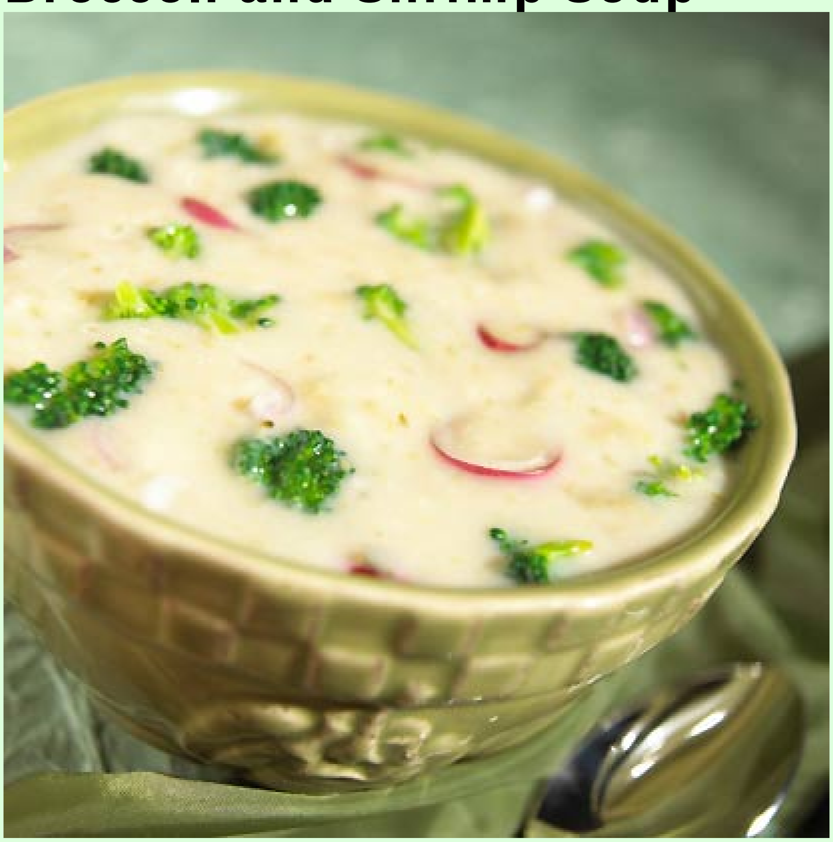
Ingredients :

1 1/2	lb	broccoli
2	tbl	butter or margarine
1/2	cup	chopped onion
1	med	clove garlic, minced
1	can	campbell's soup *
1/2	tsp	dried basil leaf, crushed
1	cup	monterey jack cheese **
1/2	cup	parmesan cheese, grated
1	cup	sour cream
5	cup	cooked wide egg noodles ***

Method :

- * 10-3/4 Condensed Cream of Mushroom
** Shredded
*** 5 cups BEFORE cooking Cut broccoli into bite-size pieces. In covered 4-qt saucepan over medium heat, in 1" boiling water, cook broccoli 6 mins or until tender. Drain in colander.
- In same saucepan over medium heat, in hot butter, cook onion and garlic until onion is tender, stirring occasionally. Stir in soup and basil; mix well. Add cheeses, stirring until melted. Stir in sour cream, broccoli and cooked noodles. Pour into 2-qt casserole. Cover; bake at 350F for 30 mins or until bubbly.

Broccoli and Shrimp Soup



Yield > 8

Keys : Low Calorie Fat Free Diet Fish Seafood Soups Stews Italian Italy European Mediterranean Warm

Ingredients :

2	tbl	extra virgin olive oil or as needed
3	lrg	baking (Idaho) potatoes peeled and cubed (1/2-in)
2	x	8 oz leeks with pale greens washed, finely
		chopped
4	x	scallions with greens finely chopped
		or 2 spring onions
4	x	fresh bay leaves or double if dried
		Salt and freshly ground black pepper
4	qt	Vegetable Broth or water hot
1/2	tsp	peperoncino (crushed red pepper)
8	oz	broccoli (1 branch) or to taste
1/2	cup	long-grain rice
1	lb	small shrimp (about 40) shelled and deveined
1/2	cup	Italian parsley chopped
1/4	cup	freshly grated Pecorino Romano cheese

Method :

- In a deep, heavy 4- to 5-quart pot, heat the olive oil over medium heat. Add the potatoes and cook, stirring occasionally with a wooden spoon, until lightly browned, about 5 minutes. Most likely, the potatoes will stick, but that is fine; adjust the level of heat to prevent the bits of potato that stick from getting too dark. Stir in the leeks, scallions, and bay leaves. Season them lightly with salt and pepper and cook, stirring, until the leeks are wilted, 2 to 3 minutes. Add the broth and peperoncino and bring to a boil, scraping up the bits of potato from the bottom. Adjust the level of heat to a simmer and season the soup lightly with salt and pepper. Simmer, uncovered, until the potatoes begin to fall apart, about 40 minutes.
- Meanwhile, prepare the broccoli. Trim off and discard the ends of the stalks and any large leaves. Cut off the tops and cut them into florets no larger than 1/2 inch. Peel the stalks and cut them into 1/2-inch cubes.
- Add the broccoli to the soup and simmer for another 15 minutes. (The soup can be prepared to this point up to 2 days in advance and refrigerated. Bring the soup to a simmer before continuing.)
- Stir in the rice and cook for 10 minutes, stirring occasionally. Add the shrimp, bring to a boil, and remove the pot from the heat.
- Remove the bay leaves. Stir the parsley into the soup and check the seasoning. Serve in warm soup bowls, sprinkled with the grated cheese.
- Description: "Minestra di Broccoli e Gamberi"
- NOTES : Lidia says: "I don't usually add cheese to seafood pasta and soup dishes, but in this minestra the flavor of good Pecorino Romano is complementary. Do not be concerned with the broccoli losing its bright green color; it really tastes better this way." We made the soup WITHOUT shrimp. It took me about 1 hour 10 mins or so, timing the additions. We didn't really notice the rice - even tho the rice didn't fall apart (bisque) - a full protein soup! Tasty and thick. creamy without cream.

Broccoli Frittata



Yield > 2 Servings

Keys : Cheese Eggs Rice Italian Italy European Mediterranean

Ingredients :

2 1/2	tbl	Onion, chopped
1	pkt	Frozen chopped broccoli, cooked and drained
2 1/2	tbl	Parmesan cheese
1/4	cup	Milk
1/2	cup	Mozzarella, shredded
2	tbl	Butter
1	sm	Garlic clove, crushed
1	cup	Rice, cooked
2	x	Eggs, slightly beaten
1/2	tsp	Salt
		Pepper

Method :

- Saute onion in butter until tender. Do not brown. Add broccoli, garlic, rice and parmesan, mix well. Combine eggs, milk and seasonings. Stir into rice mixture. Turn into well-buttered shallow 1 quart casserole. Top with mozzarella cheese. Bake at 350 degrees for 20-25 minutes until set.

Broccoli Italiano



Yield > 8

Keys : Diabetic Special Diets Side Dish Vegetables

Ingredients :

1	lb	fresh broccoli florets
		(or thawed frozen)
1 / 4	cup	fat-free Italian salad dressing

Method :

- Place broccoli florets in steamer basket above 2 inches boiling water. Cover and steam 4 minutes or until broccoli is bright green and crisp-tender when pierced with a fork.
- Remove from steam and place broccoli in serving dish. Drizzle with Italian dressing and toss to coat. Serve immediately.
- This recipe yields 8 servings.
- Serving size: 1/2 cup.
- Comments: Italian dressing gives a nice zing to broccoli that's cooked just right tender, but still a little crisp!

Broccoli Soup with Tubettini



Yield > 5

Keys : Soups Italian Italy European Mediterranean

Ingredients :

1	tsp	olive oil
		olive oil spray
1 / 4	cup	minced red onion
1 / 4	cup	minced celery

Method :

- 1. Spray a heavy 3 to 4-quart pot. Add olive oil and heat over medium-low heat. Add onion and celery and cook, stirring frequently, until vegetables are limp, 4 minutes (to develop flavor; add a tablespoon of broth to prevent scorching, if necessary). Add broccoli, bell pepper, beans, broth, sage, sage and pepper and red pepper flkaes. Bring to a boil.
- 2. Add tubettini; bring to a boil. Reduce heat to medium high and cook, uncovered, until the pasta is barely al dente,

2	cup	bunch of broccoli chopped
1/4	cup	diced red bell pepper
1	cup	chopped green beans (bite size)
3	cup	defatted low-sodium vegetable broth preferably fresh
1/2	tbl	minced fresh sage
1/4	tsp	coarse salt
1/8	tsp	pepper
1	pch	red pepper flakes
1/4	cup	tubettini (tiny tubular pasta)
15	oz	canned cannelini beans rinsed
1	tbl	chopped fresh herb(s)
		(basil, thyme and/or oregano)
4	tsp	freshly grated Parmesan

about 7 minutes. Add beans and herbs; continue cooking until pasta is cooked, about 5 minutes. Reduce heat to lowest setting; cover and keep warm before serving or serve immediately. Transfer to bowls; sprinkle each with 1 tsp parmesan cheese and serve with crusty bread.

- TIP - I make broth in 1-quart batches from vegetable trimmings: carrot, leek/scallion greens, celery, green-bean tips, asparagus ends, etc. I add tomatoes, better than bouillon mushroom base, garlic, parsley, thyme, bay, dill, fennel seed, peppercorns; steep until flavorful. Strain. The broth varies depending on the scraps and season. -pat
- Yield: 5 cups
- NOTES : Tubettini, tiny tubular pasta, and broccoli are cooked together to create a light, nourishing soup that can be prepared in less than 30 minutes. REVIEW: Easy to prepare soup; light. The taste depends on the quality of the broth (see tip). Suggest slowly sweating the onion and celery to develop more flavor.

Broccoli Stuffed Shells



Yield > 6

Keys : Low Calorie Fat Free Diet Italian Italy European Mediterranean

Ingredients :

1/4	cup	vegetable broth
1	cup	mushrooms, chopped
1/2	cup	onions, chopped
2	x	cloves garlic, minced
1	tbl	fresh oregano, minced
1	tbl	fresh basil, minced
2	cup	nonfat ricotta cheese
2 1/4	cup	broccoli, chopped, steamed

Method :

- Place broth in skillet over medium heat. Add mushrooms, onions, and garlic.
- Cook, stirring, for 5 minutes or until lightly browned.
- Remove from heat and stir in oregano, basil, ricotta, broccoli, and egg whites.
- Preheat oven to 350F.
- Stuff drained shells with ricotta-broccoli mixture.
- Spread 1/2 cup tomato sauce on bottom of 9 by 13 inch nonstick baking pan.
- Arrange shells over sauce. Top with remaining sauce.
- Bake for 30 minutes or until shells are hot. Top with black

3	x	egg whites, lightly beaten
18	x	jumbo pasta shell, cooked al dente and
2	cup	tomato sauce
		fresh ground black pepper to taste

pepper to taste

Brociolone



Yield > 4 Servings

Keys : Meats Italian Italy European Mediterranean

Ingredients :

TOMATO SAUCE		
1	med	Carrot, minced
1	med	Onion, minced
1	x	Celery, stalk, minced
1	tsp	Garlic, minced
1	tsp	Thyme
1	tsp	Oregano
1	x	Bay leaf
2	cup	Tomatoes, chopped
		Salt (to taste)
		Pepper, white (to taste)
		Oil
STUFFING		
1/2	cup	Crumbs, bread
1	tbl	Parsley, minced
1	tsp	Garlic, minced
1/2	tsp	Oregano
1	tbl	Cheese, Romano, grated
1	tbl	Cheese, Parmesan, grated
2	lrg	Eggs, hard-boiled, chopped
2	tbl	Oil, olive, (or more)
		Salt (to taste)
		Pepper (to taste)
ASSEMBLY		

Method :

- Tomato Sauce: =
- Heat the oil in a pan and add the carrot, onion, celery and garlic.
- Cook for 8 minutes over moderately low heat.
- Add herbs, tomatoes, salt and pepper. Simmer for an hour or more.
- Stuffing: =
- Combine ingredients, blending with your hands.
- Assembly: =
- Pound the veal slices thin and divide the stuffing among them. Roll up the veal around the stuffing and secure with a toothpick.
- Heat the oil, then brown the veal rolls, pouring off the fat.
- Add the sauce and simmer the veal rolls, covered, for 1 hour or until just tender when pierced with a knife.

8	slc	Veal
1 / 4	cup	Oil, olive

Broiled Italian Meatballs

Yield > 1 servings

Keys : Italian Italy European Mediterranean

Ingredients :

1	lrg	Onion
1	lb	Ground round
1 / 3	cup	Plain dry bread crumbs
1 / 3	cup	Grated Parmesan cheese
1 / 3	cup	Evaporated skim milk
1	x	Egg
1 1 / 2	tsp	Dried Italian herb seasoning
1	tsp	Garlic powder
1 / 2	tsp	Salt
1 / 2	tsp	Ground black pepper
		Vegetable oil spray

Method :

- Peel and chop onion. In medium bowl, combine chopped onion, ground round, bread crumbs, Parmesan cheese, milk, egg, Italian herb seasoning, garlic powder, salt, and pepper. With clean, dry hands, thoroughly mix together all the ingredients. Rinse your hands with water, but do not dry them. With wet hands, form mixture into 15 meatballs by rolling the meat mixture between the palms of your hands. Each meatball should be about 1 3/4 inches in diameter. When you're finished rolling the meatballs, wash and dry your hands. Place oven rack 7 inches from broiler. If using broiler pan, remove it from the broiler. Preheat broiler. Spray broiler pan or baking pan with vegetable oil spray. (Make sure you are far away from the broiler while spraying.) Arrange meatballs in sprayed pan in 3 rows, 5 meatballs per row. Place pan on oven rack. Broil meatballs for 5 minutes. Using oven mitts, remove pan from broiler. With tongs, turn meatballs over. Return pan to broiler. Broil 5 minutes longer. Using oven mitts, remove pan rom broiler.
- Cook's note: You can serve these meatballs plain, or spoon them into a large nonstick skillet with one half the recipe for Basic Tomato Sauce. Place the skillet over medium heat and warm 2 minutes, or until hot.

Brothers' Scampi

Yield > 2 Servings

Keys : Shellfish Seafood Italian Italy European Mediterranean

Ingredients :

1	lb	De-tailed, butterfly
		Shrimp
1	stk	margarine
1	tbl	Olive oil
4	x	Cloves minced garlic
1 1 / 2	tbl	Flour
3 / 4	cup	Chicken broth
1	x	Juiced lemon
1 / 4	cup	Chicken broth

Method :

- Remove shells & tails from shrimp. Butterfly them. In pan, heat up margarine & oil & garlic until bobbly. Add shrimp & fry for a short while.
- Meanwhile, combine flour and 3/4 cup chicken broth in gravy shaker. When shrimp are ready, add flour/broth to pan. The gradually add the remaining chicken broth, lemon juice (use 2 1/2 Tbsp juice if not using a real lemon), and wine. Sprinkle with parsley flakes before serving over rice.

1 / 2	cup	Dry white wine
		Flakes parsley

Brown-Sugar Hot Chocolate



Yield >	4

Keys : Beverages Drinks Jaw Italian Italy European Mediterranean

Ingredients :

3	sqr	, (1 oz each)
		unsweetened chocolate
1 / 3	cup	water
1	qt	milk, heated (4 cups)
3 / 4	cup	packed brown sugar
1 / 8	tsp	salt
		peppermint cane or stick for
		garnish

Method :

- Stir chocolate and water in a medium saucepan over low heat until chocolate has melted (mixture will thicken)., Gradually whisk in milk, then sugar and salt until evenly blended.
- To serve: Reheat in a saucepan over medium-low heat or in microwave, stirring occasionally. Serve with peppermint-cane stirrer.

Bruschetta



Yield >	4 Servings

Keys : Appetizers Snacks Nibbles Vegetarian Italian Italy European Mediterranean Warm

Ingredients :

6	slc	Rustic, country style bread, cut 1/2" to 3/4" thick & halved
2	x	Garlic cloves, lightly crushed
1/4	cup	Olive oil
		Salt

Method :

- Grill or broil the bread on each side by setting the slices 4 to 6 inches from the heat source. Rub each slice with a crushed garlic clove, letting it release its pungence & fragrant juices into the bread. Drizzle with the olive oil & sprinkle with the salt. Serve warm if you wish. VARIATION: Bruschetta delle Marche. Sprinkle bits of fresh marjoram & grind fresh black pepper over the garlic bread.

Bruschetta (Heart-Shaped Garlic Rolls)



Yield >	24

Keys : Breads Garlic Italian Italy European Mediterranean

Ingredients :

1	cup	water
1	cup	milk
2	x	eggs
2	pkt	dry yeast
2	tsp	sugar

Method :

- Combine water, milk, eggs, yeast, sugar and olive oil in large bowl. Mix well and add half of flour and 2 teaspoons salt. Knead in remaining flour and 1 teaspoon salt. Knead until dough forms ball. Place in greased bowl and turn to grease top. Cover and let stand 30 minutes to 1 hour until doubled. Punch down, turn and let stand again 30 minutes to 1 hour. Punch down. Roll out dough on floured surface. Cut into heart or other desired shapes using cookie cutter. Place rolls on generously greased baking sheet. Combine garlic, vegetable oil and salt and brush over rolls. Bake at 400F 12 to 15 minutes

2	tbl	olive oil
5	cup	flour, more if necessary
		salt
2	x	garlic cloves, crushed
1 / 4	cup	vegetable oil

or until golden.

Bruschetta with Variations



Yield > 1

Keys : Appetizers Breads Italian Italy European Mediterranean

Ingredients :

1	loaf	French bread, sliced
		garlic, mashed
		olive oil

Method :

- Toast or grill (preferably) slices of bread. Rub smashed garlic around the rim of both sides of the bread. Drizzle with olive oil. Serve with one of the following toppings. VARIATIONS-
- 1. 1 C chopped tomatoes, 1 C chopped basil, 2 ts ex-virgin olive oil, 1 ts red wine vinegar, 1 ts minced garlic. Mix.
- 2. 2 sm cans anchovies, chopped; 1 ts minced garlic; 12 oz pimientos, 6 minced scallions, olive oil or anchovy oil, 2 ts lemon juice and 2 tb minced parsley.
- Mix all.
- 3. Pierce eggplant and bake 400F for 20 to 25 minutes. Halve and scoop out pulp. Add garlic, parsley, olive oil and salt. Mix and put on bread.
- Garnish with prosciutto. 4)1 c mascarpone, 6 oz gorgonzola. Blend. Add roasted red peppers and spread cheese on bread. Garnish with Kalamata olives. 5) Put bread in bowl. Ladle a lentil or bean soup on top.
- David Rosegarten.

Brutti Ma Buoni



Yield > 1

Keys : Cookies Italian Italy European Mediterranean

Ingredients :

4	x	Egg whites room temperature
3 / 4	cup	Sugar
3	tbl	Flour
1	tbl	Vanilla
1	tbl	Amaretto
1	tbl	Cocoa powder, bitter
1 / 2	cup	Chopped hazelnuts
1 / 4	cup	Chopped almonds
1 / 4	cup	Pine nuts
		Zest of 4 oranges

Method :

- Preheat oven to 325. Butter and dust cookie sheet with flour.
- Place whites in the bowl of an electric mixer and whip to soft peaks. Add sugar steadily and beat 2 minutes. Stop machine and add flour, vanilla, amaretto and cocoa powder. Mix 1 minute and stop machine. Stir in nuts quickly and place 2-inch blobs on cookie sheet. Bake 30 minutes until crisp. Remove and allow to cool.

Bucatini with Fresh and Dried Oregano (Bucatini Con Origano)

Yield >	6

Keys : Pasta Herbs Italian Italy European Mediterranean

Ingredients :

2	lrg	handfuls fresh oregano very finely chopped
50	gm	dried oregano crumbled
8	x	red cherry tomatoes seeded and finely chopped
8	x	yellow cherry tomatoes seeded and finely chopped
85	ml	extra virgin olive oil
		sea salt and freshly ground black pepper
250	gm	bucatini

Method :

- Mix the fresh and dried oregano together.
- Marinate the tomatoes with half of the olive oil and some salt and pepper.
- Cook the bucatini in a generous amount of boiling salted water then drain thoroughly and return to the pan.
- Toss with the oregano mixture and the remaining olive oil.
- Place a small amount of the tomato on top of each serving.
- Serves 6

Bucci's Insalata Pizza

Yield >	8

Keys : Low Calorie Fat Free Diet Pizza Calzo Italian Italy European Mediterranean

Ingredients :

2 1/2	tsp	active dry yeast
1	pch	sugar
1	cup	warm water
2 1/2	cup	all-purpose flour
1/2	tsp	salt
toppings		
6	med	roma tomatoes, sliced
3	tbl	olive oil
1	tbl	balsamic vinegar
1/4	tsp	salt
1/4	tsp	black pepper
1	head	garlic, roasted and chopped
1/2	cup	goat cheese
1	tbl	chopped fresh mint
1/2	cup	chopped arugula

Method :

- To Make one 16-inch pizza crush (2hrs) Dissolve yeast and sugar in water.
- Proof 5 minutes. Pour into mixer bowl. Gradually mix in 2 cups flour and salt using paddle attachment. Change to dough hook. Incorporate remaining flour and mix 10 minutes, or until dough is smooth and elastic. Place dough in a greased bowl.Cover with plastic and let rise 1-1/2 hours, or until doubled in size. A longer, slower rising time will make a more flavorful crust. Punch dough down.
- Form into a ball and refrigerate until ready to use. Bring to room temperature before using.
- To Complete the pizza (meanwhile plus 20 minutes) Meanwhile, marinate tomatoes in 1 tablespoon olive oil, vinegar, salt and pepper for 1-2 hours. Roll out pizza dough to make a 16-inch circle. Brush with remaining 2 tablespoons olive oil. Arrange marinated tomato slices on pizza dough. Dot with garlic and goat cheese. Bake at 500F in a pizza oven for 10 minutes, or until crust is golden brown. Remove from oven and sprinkle with mint and arugula. Cut into desired number of slices and serve at once.

Buckwheat Pasta (Pizzoccheri)



Yield > 10

Keys : Italian Italy European Mediterranean

Ingredients :

500	gm	pizzoccheri pasta
300	gm	french beans topped and tailed
400	gm	potatoes peeled and cut into cubes
500	x	savoy cabbage cut into strips
200	gm	butter
4	tbl	olive oil
2	clv	garlic sliced
1	pch	freshly grated nutmeg
300	gm	bitto cheese cut into cubes
300	gm	Taleggio cut into small cubes
100	gm	freshly grated Parmesan
1	x	salt and freshly ground black pepper

Method :

- Boil the pizzoccheri beans potatoes and cabbage together and cook for about 18 minutes or until tender. Put the butter and olive oil in a pan and gently fry the slices of garlic being careful not to burn them then add the nutmeg.
- Drain the boiled ingredients and build up in a preheated dish a layer of pizzoccheri and vegetables scatter over some of the Bitto and Taleggio cheese cubes and then some Parmesan. Repeat the layers until the ingredients are finished. Pour the foaming butter on top the heat should be enough to melt the cheese slightly. Mix well season and serve immediately.
- This is a sensational dish for vegetarians.
- Valtellina is a val/ey in the italian Alps nolfarfrom Milan. It isfamous for bresaola the thinly sliced airdried beef which is served as an antipasto pizzeccheri the only buckwheat pasta made in Italy and Bitto a delicious local cheese. Tal o is a neighbounng valley where the famous cheese of the same name comes from.
- I hadgreatfun coalcing this dishfor the students of afashion school in Milan who were preparingfor their end ofyear exams. In exchange I recewed a series of outrageous and impractical aprons speciaUy me that ony a schoo with lots of imagination could invent.
- Serves 10

Budget: Osso Buco



Yield > 6 servings

Keys : Veal Main Dish Meats Italian Italy European Mediterranean Canadian Canada North American

Ingredients :

1/4	cup	All-purpose flour
		Salt
		Pepper
4	lb	Veal shanks, cut into 2-inch pieces

Method :

- Braising transforms the fibrous toughness of less expensive veal shanks to melting tenderness while dissolving their gelatin to a luxurious sauce. As a bonus, the centre of the bone is filled with delicious marrow, which can be scooped out with a small spoon.
- In plastic bag, combine flour, 1 ts salt and 1/2 ts pepper. Add a few pieces of veal and shake; repeat with remaining veal. In Dutch oven, heat oil over medium-high heat; brown

1 / 4	cup	Olive oil
4	x	Celery stalks, chopped
3	x	Carrots, chopped
2	x	Onions, chopped
3	x	Garlic cloves, minced
1 1 / 2	cup	White wine
1 1 / 2	cup	Chicken stock
1	tsp	Dried sage
1	tsp	Dried rosemary
1	x	Bay leaf
1 / 4	cup	Tomato paste
GREMOLATA		
1 / 2	cup	Fresh parsley, chopped
2	tbl	Grated lemon rind
4	x	Garlic cloves, minced

shanks in batches. Remove shanks and set aside.

- Add celery, carrots, onions and garlic; cover and cook over low heat for about 8 minutes or until onions are softened. Return veal to pan.
- Stir in wine, chicken stock, sage, rosemary, 1/4 ts salt and bay leaf; bring to boil. Reduce heat; cover and simmer, stirring occasionally, for 60-70 minutes or until veal is tender. Stir tomato paste into pan; cook, uncovered, for about 15 minutes or until sauce is thickened. Season with salt and pepper to taste. Discard bay leaf.
- Gremolata: Meanwhile, in small bowl, combine chopped parsley, lemon rind and garlic. Sprinkle Gremolata over individual servings.
- Main "Budget Bests: Dem Bones, Dem Bones, Dem Tasty Bones"

Bulgur Pilaf



Yield > 5

Keys : Italian Italy European Mediterranean

Ingredients :

		vegetable cooking spray
1	cup	chopped onion
1	cup	coarsely shredded carrot
1	cup	bulgur, (cracked wheat)
		uncooked
10	tbl	bulgur, (cracked wheat)
		uncooked
1/2	cup	currants
1/2	tsp	salt
2	cup	water
2	tbl	pine nuts, toasted

Method :

- Coat a medium saucepan with cooking spray; place over medium heat until hot.
- Add onion and carrot; sautee5 minutes or until tender. Add bulgur, currants, and salt; stir well. Add water; bring to a boil.
- Cover, reduce heat and simmer 10 minutes or until bulgur is tender and liquid is absorbed.
- Yield: 5 servings (serving size: 1 cup).

Burger Trittini

Yield > 6

Keys : Italian Italy European Mediterranean

Ingredients :

2	lb	ground beef
1	tsp	salt
1	med	onion, minced
1	tsp	oregano leaves
15	oz	tomato sauce
1/2	tsp	pepper
12	oz	tomato paste
20	oz	frozen spinach, thawed
4 1/2	oz	sliced mushrooms, drained
16	oz	cottage cheese
2	tsp	basil
8	oz	mozzarella, shredded
2	tsp	sugar

Method :

- Cook ground beef and onion on medium high until brown. Drain fat. Add next seven ingredients; heat to boiling. Reduce heat. Simmer, uncovered, until thickened. squeeze liquid from spinach. Combine with cottage cheese. Season to taste with salt and pepper. Spoon meat mixture into 13x9" baking dish.
- Sprinkle 1/2 of mozzarella cheese. Top with spinach. Sprinkle remaining mozzarella on top. Bake at 350F for 25-30 minutes until hot and bubbly.

Butter and Rosemary Sauce

Yield > 1 servings

Keys : Herbs Italian Italy European Mediterranean

Ingredients :

3	x	Garlic cloves, up to 4
6	tbl	Butter, cut into small pieces
3	sprg	fresh rosemary
1	x	Beef bouillon cube, crushed
1 / 3	cup	Freshly grated parmigiano-reggiano cheese plus additional cheese at the table
1	lb	Pasta

Method :

- Recommended pasta: This sauce probably tastes best of all with tonnarelli, the square fresh noodle (see Ms. Kazans book for tonnarelli recipe). But it can be used with unqualified success on fettuccine or spaghetti.
- 1. Mash the garlic cloves with the back of a knife handle, crushing them just enough to split and loosen the peel, which you will discard. Put the garlic, butter, and rosemary in a small saucepan and turn on the heat to medium. Cook, stirring frequently, for 4 to 5 minutes.
- 2. Add the crushed bouillon cube. Cook and stir until the bouillon has completely dissolved.
- 3. Pour the sauce through a fine wire strainer over cooked drained pasta. Toss thoroughly to coat the pasta well. Add the grated Parmesan and toss once more. Serve at once with additional grated cheese on the side.
- NOTES : from Essentials of Classic Italian Cooking by Marcella Hazan

Buttered Spaghetti - Shrimp – Mushrooms



Yield > 1

Keys : Pasta Seafood Italian Italy European Mediterranean

Ingredients :

4	oz	spaghetti
1 / 2	lb	shrimp, peeled and devined
3	tbl	Romano cheese
1 / 4	cup	white wine
2	cl	mashed garlic
1 / 2	lb	fresh mushrooms, sliced
1 / 2	tsp	salt
1	tbl	lemon juice

Method :

- Cook the spaghetti and drain. Combine the garlic, shrimp and mushrooms and cook slowly for 5 minutes in a sauteepan, tossing lightly. Add the spaghetti to the shrimp mixture. Add the cheese, salt, white wine and lemon juice. Stir until done. Serve immediately.

Butterfish with Almond Sauce



Yield > 1 Servings

Keys : Fish Nuts Ocean Main Dish Seafood Italian Italy European Mediterranean

Ingredients :

1	cup	Almonds, sliced
1	tsp	Coleman's mustard
1 / 2	tsp	Cayenne
1	tbl	Grated grana
4	tbl	Extra virgin olive oil
		Juice and zest of 1 lemon
		Plus juice of 1 lemon
4	tbl	Extra virgin olive oil
1	lb	Cleaned butterfish, cut into medallions 1-inch thick
		Seasoned flour
1	cup	Dry white wine
2	tbl	Butter
1	bn	Italian parsley, finely chopped

Method :

- In a blender, pulverize almonds. Pour into a mixing bowl and add mustard, cayenne and cheese and mix well. Add olive oil and juice of 1 lemon. Sauce should be texture of pesto. Set aside.
- In a 12-inch non-stick saute pan, heat oil until just smoking over medium heat. Dredge butterfish in seasoned flour and place in pan. Saute until golden brown on one side and then turn. Add wine, remaining lemon juice and butter and cook until wine is nearly evaporated and fish is cooked through.
- Add parsley to pan and swirl through. Place on plate. Cover with almond sauce and remaining pan sauce and serve.
- Yield: 4 servings

C/P Italian Chicken Stew

Yield > 8

Keys : Poultry Italian Italy European Mediterranean

Ingredients :

12	x	boneless skinless chicken thighs
2	x	14 1/2 ounce cans diced tomatoes with
		italian herbs
2	cup	cubed zucchini squash
1	cup	fresh pearl onions peeled
1	cup	fresh baby carrots
2	tbl	tomato paste
2	x	cloves garlic minced
1	tbl	sugar
1/2	tsp	crushed red pepper flakes
1/2	tsp	salt
8	cup	cooked pasta

Method :

- Cut chicken into 1 inch pieces. Combine all ingredients in large crockpot; mix well. Cook on low setting at least 6 hours or until internal juices of chicken run clear.
- Serve half of stew (about 4-1/2 cups) over 4 cups (8 oz uncooked) hot cooked pasta. Serve with mixed green salad and soft breadsticks, if desired. Freeze remaining half of stew in tightly sealed nonmetallic container or freezer bag.

Cacciatore with a Twist



Yield > 1

Keys : Italian Italy European Mediterranean

Ingredients :

1	cup	uncooked rotini, (spiral pasta), i had multicolored.

Method :

- Cook rotini to desired doneness as directed on package. Drain; keep warm.
- Meanwhile, heat oil in large non-stick skillet over medium hear until hot. Add onion, bell pepper, garlic, and turkey; cook

2	tsp	p olive oil
1	med	onion, sliced
1	sm	green bell pepper, seeded, cut into strips
2	x	garlic cloves, minced
1/2	lb	turkey breast, cut into strips
1	x	15 oz can garbanzo beans
1	x	15 oz can tomato sauce

and stir 5 to 10 minutes or until turkey is no longer pink. (I cooked the onion for awhile first, added the meat and pepper and then finally in the last few minutes added the garlic...I don't like over done garlic).

- Add tomato sauce, beans and oregano; mix well. Bring to boil. Reduce heat; cover and simer 10 minutes or until thoroughly heated.
- Serve over rotini.
- 4 servings

Caesar Salad



Yield > 6

Keys : Italian Italy European Mediterranean

Ingredients :

DRESSING		
4	x	anchovies
2	x	cloves garlic
1 1/2	tbl	lemon juice
2 1/2	tsp	Dijon mustard

Method :

- Mix all dressing ingredients in food processor. Mix salad with dressing and sprinkle with salt and pepper.

4 1/2	tbl	olive oil
SALAD		
1	head	romaine lettuce, cut up
1/2	cup	olives
2/3	cup	parmesan cheese
		croutons

Cafe Au Lait Blender Cheesecake

Yield > 4

Keys : Italian Italy European Mediterranean

Ingredients :

6	x	zwieback
1/2	tsp	ground cinnamon
2	env	unflavored gelatin
1/4	cup	cold water
1/2	cup	boiling water
3/4	cup	brown sugar
1/2	tsp	salt
3	cup	cream style cottage cheese
4	tsp	instant coffee powder
1	tsp	vanilla
2	env	low calorie whipped topping mix

Method :

- Break zwieback into blender container, add cinnamon. Blend into crumbs. Remove and set aside. In 1 cup measure soften the gelatin in cold water. Add to blender container along with the boiling water. Let stand until gelatin appears to be dissolved, about 1-2 minutes. Add brown sugar and salt. Blend until dissolved. Add cottage cheese, coffee powder and vanilla. Blend until smooth. In large mixer bowl prepare together the 2 envelopes of low calorie whipped topping mix according to directions. Fold in cheese mixture. Pour into 8 inch springform pan. Sprinkle zwieback crumbs over the top of cheesecake.
- Chill for 2 1/2 to 3 hours. Remove sides of pan. Cut into wedges.

Cajun Rice Dressing

Yield > 10

Keys : Italian Italy European Mediterranean

Ingredients :

1/2	lb	italian-flavored turkey sausage
1	tsp	vegetable oil
1 1/4	cup	chopped onion
1 1/4	cup	chopped celery
1	cup	chopped green bell pepper

Method :

- Remove casings from sausage.
- Cook sausage in a large nonstick skillet over medium heat until browned, stirring to crumble sausage. Remove sausage from skillet, and drain; wipe drippings from skillet with a paper towel.
- Heat oil in skillet over medium heat. Add onion and next 3 ingredients, and sautee8 minutes or until tender. Remove from heat; stir in sausage, rice, and next 8 ingredients, and stir well.
- Spoon into a 13- x 9- x 2-inch baking dish coated with cooking spray. Cover and bake at 350F for 1 hour and 5

4	x	cloves garlic, minced
2	cup	long-grain rice, uncooked
1	tsp	dried whole oregano
1 / 2	tsp	salt
1 / 4	tsp	ground cumin
1 / 4	tsp	ground red pepper
1 / 4	tsp	paprika
4	dsh	hot sauce
31 1 / 2	oz	low-sodium chicken broth, (3 cans)
1	x	bay leaf

minutes or until liquid is absorbed. Discard bay leaf, and fluff with a fork.

- Yield: 10 servings (serving size: 1 cup).

Calabrian Polenta

Yield > 1

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

750	ml	pints salted water
225	gm	maize flour
25	gm	butter
		Sauce
2	tbl	olive oil
1	x	onion chopped
2	clv	garlic crushed
1	x	salt pepper
450	gm	tomatoes skinned and quartered
150	ml	stock
1	lrg	ham bone
1	x	bay leaf
3	x	peppercorns
1	tsp	sugar
4	tsp	dried thyme
75	gm	grated Parmesan cheese

Method :

- To make the polenta bring the salted water to the boil in a large pan.
- Pour in the maize flour stirring.
- Add the butter.
- Cook over a low heat for 5 minutes stirring all the time so that the flour does not stick.
- Then cover and leave to thicken for 30 minutes over the lowest possible heat.
- Meanwhile make the sauce.
- Heat the oil in a pan.
- Fry the onion and the garlic crushed with salt for 5 minutes.
- Add the tomatoes fry for another 5 minutes stirring.
- Add the stock ham bone bay leaf and peppercorns.
- Cover and cook for 25 minutes.
- Remove the ham bone put the sauce through a sieve and season with sugar pepper and thyme.
- Cover the base of a hot deep dish with some of the sauce sprinkle a little cheese on top and spoon over a layer of polenta.
- Repeat these layers until the polenta is used up finishing with layers of sauce and cheese.
- Serve at once.

Calzone



Yield > 3 Servings

Keys : Italian Italy European Mediterranean Warm

Ingredients :

1	cup	Warm water
1 / 2	tsp	Sugar
1	pkt	Active dry yeast
3	cup	Sifted all-purpose flour, divided
2	tbl	Oil
1 / 2	tsp	Salt
12	oz	Mozzarella cheese, shredded or diced
6	oz	Creamy goat cheese
3	oz	Sliced prosciutto or cooked ham, cut into strips
3	tbl	Chopped chives
1	tbl	Finely minced fresh garlic
2	tbl	Grated Parmesan cheese

Method :

- Combine water and sugar in large bowl; sprinkle with yeast. Let stand 5 minutes to soften. Add 1 1/2 cups flour; beat with electric mixer until smooth. Stir in oil and salt. Gradually blend in enough of remaining flour with wooden spoon to make moderately stiff dough. Turn out onto lightly floured surface; knead until smooth. Return to bowl; cover and let rise in warm place until doubled. Punch down dough; divide into 3 equal portions.
- Roll one portion on lightly floured surface to 9-inch circle. Place 1/3 of mozzarella on one side of dough; dot with 1/3 of goat cheese and top with 1/3 of prosciutto. Repeat with remaining dough , cheeses and prosciutto.
- Mix chives and garlic; sprinkle over filling. Moisten edges of dough with water and fold over to enclose filling, pressing edges firmly together.
- Place on lightly greased baking sheets. Let rise 30 to 45 minutes or until dough feels light to the touch. Cut slit in each calzone to allow steam to escape. Preheat oven to 375 deg F. Bake 30 to 35 minutes or until browned.
- Remove from oven; brush tops with oil. Sprinkle each with 2 teaspoons grated Parmesan cheese. Serve warm.

Calzoni Di Ricotta



Yield > 1

Keys : Cheese Italian Italy European Mediterranean Hot

Ingredients :

3 1/2	cup	flour
		salt
1/2	cup	shortening, diced
2	x	eggs, beaten
		lemon juice, 1
1	cup	ricotta
1/2	cup	ham, diced
1/2	cup	provolone, diced
		egg yolks
1/2	tsp	pepper, freshly ground
		egg white, whisked
		oil, for frying

Method :

- Dough-Add the salt to the flour and on a working surface make a well in the center. Add the eggs, shortening and lemon juice. Mix it all together to make a smoothe dough. Filling-Mix the ricotta, egg yolks, ham and provolone. Add the salt and pepper to taste. Mix well until thoroughly combined.
- Assembly-Flatten the dough and roll out into fairly thin sheets. Cut 4 8" circles. Divide the filling betwwn the four circles. Brush the edges with the egg whites and fold over. Close the edges securely. Cook-Deep fry until golden brown.
- Drain well on paper towels and serve hot. ***these may be made ahead of time and reheated in the oven. They may also be frozen to use at a later date.

Cannelloni Con Pomodori Secchi



Yield > 8 Servings

Keys : Pasta Cannelloni Italian Italy European Mediterranean Hot

Ingredients :

PASTA		
1 3/4	cup	Unbleached flour
1	pch	Salt
2	x	Eggs, beaten
2	x	Egg yolks
1/4	cup	Unsalted butter, melted
1 1/2	cup	Milk (approximately)
		Filling (recipe follows)
1/2	cup	Unsalted butter, melted
1/2	cup	Grated Parmesan cheese
CANNELLONI FILLING		
1 1/2	cup	Ricotta
1	x	Egg, beaten
1/2	cup	Grated Parmesan cheese
1/4	cup	Fresh parsley, snipped
1	cup	Sun-dried tomatoes without oil, chopped
2/3	cup	Cooked broccoli, chopped
		Salt and pepper to taste

Method :

- Combine flour and salt in a bowl. Stir in the eggs, egg yolks and 1 tablespoon melted butter. Add milk gradually, adding just enough to make a pancake-like batter (you may not use all the milk). Heat a 6 to 8-inch skillet and coat pan with 1 tablespoon melted butter. Pour in just enough batter to evenly coat the bottom of the skillet and cook until set, about 2 minutes. Turn the cannelloni out and continue in this fashion until batter is used up. Use additional butter as needed to thinly coat the skillet.
- Divide the filling among the cannelloni shells and roll each up as for a crepe. Place cannelloni in a single layer in a buttered casserole dish.
- Drizzle 1/2 cup melted butter over pasta and top with Parmesan cheese. Bake at 375 degrees for 15 to 20 minutes or until golden. Serve hot.
- Serves 8.
- Cannelloni filling: Mix the Ricotta, egg and Parmesan cheese in a bowl. Add remaining ingredients, mixing well. (Homemade Cannelloni With Sun-Dried Tomatoes)

Capelli D'angelo





Yield > 4 Servings

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

2	tbl	Olive oil
1	x	Clove garlic, finely chopped
1	tsp	Chopped fresh basil
1	tbl	Salted capers
1	tsp	Caper brine
1/4	cup	Dry white wine
1	cup	Marinara sauce
3	tbl	Unsalted butter
		Salt
1	lb	Capelli D' angelo
		Grated Parmesan cheese
		Chopped fresh parsley
MARINARA SAUCE		
2	sm	Onions, diced
1/4	cup	Oil
2	qt	Pureed tomatoes
		Salt and pepper
		Oregano
		Basil

Method :

- 1. Heat the olive oil in a medium skillet. Add the garlic and turn with a spoon for about 30 seconds.
- 2. Add the basil, capers, caper brine, and white wine and cook for 2 minutes.
- 3. Add the marinara sauce and bring to a boil. Cook an additional 3 minutes. Remove from heat and keep warm.
- 4. In a large soup kettle or pot, bring 1-1/2 gallons water to a rolling boil over high heat, adding the butter and 1 tbs. salt. Add the pasta; stir gently for a few moments with a wooden fork so the pasta won't stick together. Cook until al dente, or somewhat resistant to the bite. Drain.
- 5. Place the cooked pasta and caper sauce in a large mixing bowl. Toss until the sauce is well blended with the pasta. Divide evenly onto individual plates. Sprinkle with Parmesan cheese and parsley. MARINARA SAUCE:
  1. Saute the onions in the oil until lightly browned.
- 2. Add the tomatoes and seasonings to taste; simmer 15 minutes. Leftover sauce may be frozen-place it in a tightly lidded plastic container.

Caponata



Yield > 6 Servings

Keys : Appetizers Italian Italy European Mediterranean Hot Room

Ingredients :

2	lb	Eggplant, peeled * and cut into 1-inch cubes
1/4	cup	Extra virgin olive oil more, if necessary
2	x	Garlic cloves, mashed
1	med	Yellow or red onion, peeled, cut in half, and sliced
2	cup	Sliced celery
2	cup	Chopped ripe paste tomatoes such as Roma
3	x	Bay leaves (or more) (break dried leaves in 2 or 3 pieces, finely chop fresh leaves after removing petiole & midrib
2	tbl	Red wine vinegar, or more to taste
2	tbl	Small capers OR- chopped large capers
1/2	cup	Pitted kalamata olives OR other brine-cured olives coarsely chopped

Method :

- Place the eggplant cubes in a colander and sprinkle them generously with salt. Let stand at least 1/2 hour; rinse well under cold water, drain, and pat dry with paper towels. Heat 1/4 cup oil in a large heavy skillet over medium-high heat. Gradually add the eggplant, stirring constantly. Add more oil as needed to keep the eggplant from sticking. As soon as all the eggplant is in the pan, gradually add the garlic, onion and celery. Cook until hot through but not browned, keeping the heat as high as possible.
- Stir in the tomatoes, bay leaves, vinegar, capers, and olives. Mix well and lower the heat to simmer. Cook for about 15 to 20 minutes, or until the eggplant is tender and the flavor is well developed. Season the caponata with salt, pepper, and additional vinegar as needed. Add basil leaves, nuts, and parsley. Serve hot, at room temperature, or chilled. Variation: Add chopped anchovies, chunks of fish or shellfish, ham, Italian sausage, or other cooked meat to the vegetables in the last few minutes of cooking time.

		Salt
		Freshly ground black pepper
GARNISH		
1/4	cup	Fresh basil leaves sliced thinly at the last minute
3	tbl	Toasted pine nuts OR-chopped walnuts
		Chopped fresh parsley

Cappellaci Di Zucca



Yield > 4

Keys : Appetizers Pasta Squash Italian Italy European Mediterranean

Ingredients :

FILLING		
3	lb	Buttermilk squash
2	x	Eggs
1 1/4	cup	Freshly-grated Parmigiano-Reggiano divided
1/2	tsp	Nutmeg
		Salt to taste
		Freshly-ground black pepper to taste

Method :

- Bake squash 1 hour at 350 degrees. Scoop out, with seeds and skin removed.
- Bring 6 quarts water to boil and add 2 tablespoons salt.
- In a large mixing bowl, mix squash, eggs, 1 cup cheese and nutmeg together until smooth and homogenous. Season with salt and pepper and set aside.
- Roll out Basic Fresh Egg Pasta to thinnest setting on pasta machine. Cut pasta sheets into 3-inch squares. Place 1 teaspoon squash filling in center of each, fold to form triangles, pressing firmly around all edges. Take two further corners and bring together and press firmly to attach and form little hats. Place cappellacci in boiling water and lower heat to high simmer. Cook until tender, about 2 to 3 minutes.
- Melt butter in a 12- to 14-inch saute pan and add sage.

PASTA		
1	x	recipe Basic Fresh Egg Pasta see * Note
		Condiment
8	tbl	Unsalted butter

Carefully drain pasta and place in pan with butter. Warm gently 1 minute and serve. Sprinkle with remaining 1/4 cup cheese.

- This recipe yields 4 antipasto servings.

Caprese Salad - Italian Grill



Yield > 4

Keys : Italian Italy European Mediterranean

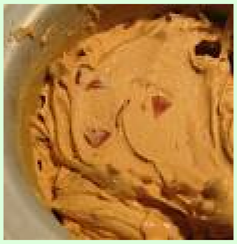
Ingredients :

1/4	cup	fresh orange juice
2	tbl	basil oil
3	lrg	tomatoes, red or yellow
		OR about 1 1/2-lbs, 1/2-inch slices
1	med	red onion, 1/2-inch slices
1/2	tsp	salt
1/2	tsp	pepper
8	oz	smoked mozzarella cheese, 1/4-inch slices
1/4	cup	large fresh basil leaves

Method :

- Fresh vegetables grilled and dressed simply with a reduction of orange juice mixed with basil-infused oil.
- In a small nonreactive saucepan, bring the orange juice to a boil over high heat. Reduce the heat to medium-low and simmer until reduced to 1 tablespoon.
- Remove from the heat and whisk in 1 tablespoon of the basil oil. Set aside.
- Preheat the gril to high and brush rack with oil.
- Brush the tomato and onion slices on both sides with the remaining oil and sprinkle with salt and pepper. Grill the tomato and onion slices for 2 to 4 minutes on each side, or just until charred andsoftened.
- Arrange the tomato, onion, and mozzarella slices in rows, overlapping the slices on a serving platter. Garnish with basil, drizzle with the orange dressing and serve.
- To make basil oil: heat oil in a skillet or small pan over medium heat. Add fresh basil leaves; stir and simmer for 2 to 10 minutes or to taste. Set aside to cool; strain. Use within 24 hours.

Caramel Ice Cream (Gelato Al Caramello)



Yield > 10)

Keys : Italian Italy European Mediterranean

Ingredients :

1 3/4	lt	double cream
450	ml	milk
4	x	fresh vanilla pods split lengthways
		egg yolks
350	gm	caster sugar
For the caramel:		
275	gm	caster sugar
120	ml	water

Method :

- Follow the instructions for making Vanilla Ice Cream then strain the custard into a bowl.
- To make the caramel dissolve the sugar in the water in a heavybottomed saucepan then boil until almost black and smoking.
- Carefully add this to the custard and stir thoroughly.
- Leave to cool.
- Pour into an ice cream machine and churn until frozen or freeze in a suitable container.
- Serves 10

Carbonara



Yield > 2

Keys : Italian Italy European Mediterranean

Ingredients :

4	slc	bacon, diced
1	x	clove garlic, chopped
1	tbl	olive oil
1/4	tsp	chili pepper, flakes
1	x	egg
1/4	cup	grated parmesan cheese
6	oz	spaghetti

Method :

- Place the bacon and chopped garlic in a large skillet with the olive oil. Add the hot peppers. Cook on low heat for 12 to 15 minutes until all fat is rendered and the bacon is browned.
- Beat the eggs in a bowl with the cheese.
- Cook the spaghetti in boiling salted water for about 12 minutes. Drain and place in a serving bowl. Quickly spoon over the bacon mixture. Toss. Quickly stir in the eggs and cheese. Add some salt, lots of pepper and toss well.
- Serve immediately.
- Serves four.



Cardi Gratinati

Yield > 4

Keys : Appetizers Brunch Italian Italy European Mediterranean

Ingredients :

5	lb	Cardoons
10	cup	Water
1/2	cup	Flour
2	x	Lemons
2	cup	Bechamel Sauce see * Note
1	cup	Freshly-grated Parmesan
1	cup	Fresh bread crumbs

Method :

- Preheat oven to 400 degrees.
- Trim top leaves and stalks off cardoons until it resembles a celery-sized plant about 14 to 16 inches in length. Remove each stalk and peel off outer fibrous ribs and hard green skin using a paring knife.
- Fill a stock or pasta pot two-thirds or three-quarters full (about 10 cups) with water and add flour and lemons, which have been halved and squeezed into water. Cut each cardoon into 3 pieces approximately 5 to 6 inches in length and continue until all cardoon is cleaned, trimmed and cut. Place on medium-high heat and bring to a boil. Lower heat to medium and cook just below boiling for 1 hour. Remove, drain, rinse and allow to cool. Lay cardoon pieces in oven-proof casserole and cover with 2 cups Basic Besciamela Sauce. Sprinkle with grated cheese and bread crumbs and bake for 30 to 35 minutes until dark golden-brown and very bubbly. Serve immediately as an appetizer or light lunch with grilled bread and crushed red pepper flakes.
- This recipe yields 4 servings.

Carrabba's Italian Grill's Cazze in Bianco

Yield > 1

Keys : Main Dish Seafood Shellfish Italian Italy European Mediterranean

Ingredients :

1	oz	pomace olive oil
4	cup	clean mussells
1	oz	chopped yellow onion
1	oz	finely-chopped garlic
1	oz	pernod
1	lrg	pinch fresh coarsely-chopped basil
6	oz	lemon butter sauce
1	x	lemon half

Method :

- Heal olive oil for 2 minutes and add the mussels. Cook until done. Add remaining ingredients and mix together.
- This recipe yields 1 serving.

Carroll O'connor's Fettuccine Alfredo

Yield > 4

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

1 1/2	lb	fettucini, cook
1	tsp	salt
1	cup	butter, cube
3	x	handfuls parmesan cheese, grate

Method :

- When noodles are done, drain the noodles, being sure that all are carefully mixed and blended. Stir in the cheese and butter into the noodles, being sure that all are carefully mixed and blended. You may not have Alfredo's golden spoon, but you'll have his loving care. This is Alfredo's original recipe.

Carrots with Marsala



Yield > 4

Keys : Vegan Vegetables Vegetarian Low Calorie Fat Free Diet Tubers Root Vegetable Alcoholic Eat L Italian Italy European Mediterranean

Ingredients :

1 1/2	lb	carrots peeled
1 1/2	cup	chicken stock
1/4	tsp	salt
1/8	tsp	pepper

Method :

- Cut carrots into 1/2" slices. In frying pan, combine carrots with 3/4 cup stock, salt, and pepper. Cover tightly and cook, shaking pan several times, over medium heat 3 min. or until stock is almost evaporated.
- Add another 3/4 cup stock, cover, and cooks as above. Sprinkle sugar over carrots and cook, stirring, 2 min., or until carrots begin to brown. Add Marsala or sherry and cook,

1 1/2	tbl	sugar
1/4	cup	Marsala wine

stirring occasionally, until wine evaporates to a glaze, 2-3 min.

Carta Di Musica



Yield > 1

Keys : Breads Hand Made White Rolls Italian Italy European Mediterranean

Ingredients :

1	cup	unbleached flour plus
2	cup	unbleached flour plus
1/2	cup	unbleached flour
1/2	cup	fine semolina plus
1/4	cup	fine semolina
1	tsp	salt
1	oz	fresh yeast or 2 packets dry yeast
1	cup	warm water plus

Method :

- In a mixing bowl, stir 1 cup flour, 1/2 cup semolina and salt together. In a measuring cup, mix yeast in 1 cup water and stir to dissolve. Mix liquid with flour mixture to form doughy batter. Let sit covered overnight in the warmest place in the kitchen.
- Place baking tile in oven and preheat oven to 450 degrees F.
- Make a well on a work surface with 2 cups flour and 1/4 cup semolina. Place doughy batter in center and stir in remaining warm water. Mix well and incorporate flour from edges of well until a dough is formed. Bring together and knead 10 minutes, until firm and elastic. Place in a bowl, cover with a towel and let rest 1 hour. Dough should double in size. Cut dough into tennis ball-sized pieces and, using a rolling pin, roll out to 12 to 14-inch circles, about 1/8th to 1/4-inch thin. Place on peel and slide onto oven tiles and bake 2 minutes. Open oven door and turn over. Cook 30 seconds more and remove to board. Bread should be puffed up like a balloon. Immediately cut around edges with a knife to separate top and bottom layers.

- Stack the 2 pieces on a kitchen towel and put a box of cereal on top of them to weigh them down. Continue this process until all the dough is cut, baked, separated and stacked. Place each half back into the oven, one at a time, for 15 to 20 seconds, until very crisp. Store wrapped in a brown paper bag. They will last three to four weeks in a dry place.

Cartwheel Pasta Primavera

Yield > 4

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

2	cup	uncooked cartwheel or shell
		macaroni, (about 4 ounces)
4	oz	mushrooms, sliced
10	stalk	asparagus or
1	med	zucchini, cut into bite-size
1	piece	, or
1	cup	frozen green peas, thawed
2	tbl	margarine or butter
1/2	cup	bottled creamy italian
		salad dressing
2	tbl	milk
8	x	cherry tomatoes, cut into halves
1	pkt	smoked sliced, (2.5 ounces)
		ham, cut up
1/4	cup	grated parmesan cheese

Method :

- Cook macaroni as directed on package; drain. Cook and stir mushrooms and asparagus in margarine in 2-quart saucepan over medium heat until tender. Stir salad dressing and milk into mushroom mixture. Heat to boiling, stirring frequently; reduce heat. Stir in tomatoes and ham; heat until hot. Toss hot macaroni with sauce; sprinkle with cheese. 4 SERVINGS.

Cassoulet From Toulouse



Yield > 6

Keys : Duck Main Dish Poultry Game Meats Bird Italian Italy European Mediterranean

Ingredients :

Method :

- Cut pork butt into 1-inch cubes, season with salt and

1	lb	Boneless pork butt
		Salt to taste
		Freshly-ground black pepper to taste
1	x	Ham hock
3	cup	White cannellini beans soaked 4 hours
1	x	in cool water
1	lb	Fatback or slab bacon cut 1/2" strips
4	tbl	Duck fat
		(available at specialty butcher shops)
1	lrg	Spanish onion chopped 1/2" dice
2	med	Carrots chopped 1/2" dice
24	x	Garlic cloves unpeeled
4	oz	Jambon de Bayonne
6	cup	Chicken stock divided
3	x	Legs duck confit split at joint
4	oz	Salt pork cut 1/2" cubes
6	x	Toulouse-style sausages - boiled 4 minutes cooled
		(fresh garlic sausages)
1/4	cup	Fresh bread crumbs

pepper and set aside for 2 hours. Poke needle holes in ham hock, season and set aside. Drain beans, cover with fresh water and bring to a boil. Lower heat and simmer 15 minutes.

- Blanch fatback cubes in boiling water for 2 minutes. Place in 2-gallon soup pot with duck fat and place over medium heat. Add onion, carrots, garlic and Jambon and cook until light golden brown, about 7 to 9 minutes. Add pork butt and ham hock and cook until lightly browned, about 8 to 10 minutes. Add 5 cups of the stock and bring to boil. Lower heat, simmer 1 hour, covered. Add beans and simmer 1 hour more. Allow to cool overnight.
- Scrape fat off confit legs and place 2 tablespoons in 12-inch saute pan with salt pork and place over medium heat. Cook until salt pork pieces are lightly browned, about 7 to 8 minutes. Place fat pieces and liquid into a food processor and blend until smooth. Add to beans and place beans in a large pot over medium heat. Remove ham hock and roughly cut meat into 1/2-inch cubes.
- Preheat oven to 300 degrees.
- In a 6-quart crockery casserole, lay 1/3 of the bean pork mixture. Sprinkle with ham hock pieces and cover with 1/3 of bean pork mixture. Lay duck pieces over beans. Saute Toulouse sausages in a non-stick pan until golden brown and lay, still hot, over duck and beans. Place remaining beans over everything and add remaining cup of stock. Sprinkle with bread crumbs and bake 1 to 1 1/2 hours until crispy golden brown on top and serve.
- This recipe yields 6 servings.

Cavatelli with Swordfish and Eggplant



Yield > 4

Keys : Main Dish Pasta Fish Italian Italy European Mediterranean

Ingredients :

1	lrg	Eggplant - (abt 1 1/2 lbs)
		(or 2 small eggplants)
		Coarse salt to taste
		Corn or other vegetable oil for frying

Method :

- Trim the ends off the eggplant and cut it into 1/2-inch dice. Place the eggplant in a colander set over a plate or in the sink and sprinkle generously with salt. Let stand for 1 hour. Quickly rinse the eggplant pieces. Place the pieces in paper towels and squeeze until dry.
- In a large deep skillet over medium heat, heat about 1/2 inch corn oil. To test the oil, carefully place a small piece of eggplant in it. If it sizzles and cooks rapidly, the temperature is

3	tbl	Olive oil
1	lrg	Garlic clove chopped very fine
2	x	Green onions finely chopped
8	oz	Swordfish steak - (1/2" thick) skin removed
		and cut into 1/2" pieces
		Freshly-ground black pepper to taste
2	tsp	White wine vinegar
2	cup	Peeled, seed, chopped fresh tomatoes
		(or chopped canned Italian tomatoes with their juice)
1	tsp	Fresh oregano leaves
		(or a pinch of dried oregano)
1	lb	Cavatelli see * Note
1/3	cup	Freshly-grated pecorino romano
		Fresh oregano or fresh parsley for garnish

hot enough. Add enough eggplant to make single layer. Cook, stirring occasionally, until crisp and browned. Remove the eggplant pieces with a slotted spoon. Drain well on paper towels. Repeat with the remaining eggplant. Set aside.

- In a medium skillet over medium heat, cook the olive oil with the garlic and green onions for 30 seconds, or until fragrant. Add the swordfish cubes, salt, and pepper. Cook, stirring occasionally, until the swordfish is no longer pink, about 5 minutes. Add the vinegar and cook for 1 minute. Add the tomatoes and oregano. Bring to a simmer and cook for 1 minutes, or until slightly thickened.
- Meanwhile, bring a large pot of cold water to a boil. Add salt and the cavatelli. Cook, stirring occasionally, until al dente, tender yet firm to the bite. Drain well.
- In a large heated serving bowl, combine the cavatelli, sauce, and eggplant. Toss well. Stir in the cheese. Sprinkle with oregano or parsley and serve immediately.
- This recipe yields 4 servings.

Cavatiney



Yield > 4

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

1/2	pkt	medium noodles
1	lb	ground beef
1	lb	Italian sausage, (mild)
1	jar	pizza sauce
1/2	jar	spaghetti sauce
		butter
1/4	lb	thinly sliced pepperoni
1/2	cup	shredded mozzeralla
1/4	cup	grated sharp chedder cheese
		garlic powder

Method :

- Boil a half bag of medium noodles. Brown one pound hamburger and one pound sausage. Drain noodles and in a bowl mix hamburger, sausage and mix in one jar pizza sauce and half a jar spagetti sauce. Grease a baking dish with butter;
- (only a thin coat). Spoon in meat mixture. Top with peperonni, mozzeralla cheese, and sharp sheddar cheese. On top of that sparkle lightly with garlic powder. Put in oven on 350F and bake until cheese melts. It taste like a pizza lasagna. Let me know how you like it. I have plenty of other recipes to share with everyone.

Celery Root Napoleon with Parmigiano and Truffle Oil

Yield > 4

Keys : Side Dish Italian Italy European Mediterranean

Ingredients :

1	lrg	Celery root knob leaves removed
1	qt	Pure (pomace) olive oil plus
4	tbl	Pure (pomace) olive oil
4	x	Celery ribs
1/2	lb	Parmigiano-Reggiano cheese shaved thin strands
4	oz	White truffle oil
1	x	Lemon zested, juiced
		Salt to taste
		Freshly-ground black pepper to taste

Method :

- Slice the celery root into paper thin slices, using a peeler or a very sharp knife. Heat 1 quart olive oil in a very deep sauce pan over a moderate heat until just smoking. Fry the celery root pieces 3 or 4 at a time so they do not lower the oil temperature. Fry until the pieces are nice and light brown. Drain on paper towels. Season well with salt and pepper. Continue to fry the celery root until all are completed (about 20 to 25 pieces resembling potato chips).
- Meanwhile chop the leaves from the celery root finely to yield 1/4 cup. Slice the celery ribs thinly on a bias to 1/8-inch thick. In a large 12- to 14-inch saute pan, heat 4 tablespoons of olive oil over high heat. Saute celery pieces until light brown and quite soft. Remove to a mixing bowl while still hot and mix with chopped celery root leaves, white truffle oil, lemon juice and minced lemon zest. Season with salt and pepper.
- Build towers by alternating fried celery root slices and 1 to 2 tablespoons warm celery mixture. Top with shaved parmesan cheese and serve immediately.
- This recipe yields 4 servings.

Cepes a La Bordelaise - Mushrooms, Bordeaux-Style

Yield > 6

Keys : Mushrooms Side Dish Italian Italy European Mediterranean

Ingredients :

1 1/2	lb	Cepes or porcini mushrooms
		(as large as possible)
3	tbl	Duck fat
2	x	Garlic cloves thinly sliced
		Juice of 1 lemon and zest
4	tbl	Chopped parsley
		Salt to taste
		Freshly-ground black pepper to taste

Method :

- Slice cepes into 3/4-inch thick slices. Heat duck fat in a 12-inch saute pan until smoking. Add cepes and cook until light golden brown, about 4 to 5 minutes. Add garlic and cook 1 minute. Add lemon juice and zest, parsley and season with salt and pepper. Serve immediately.
- This recipe yields 6 servings.

Chanuka Fritters



Yield > 1 Servings

Keys : Holiday Desserts Italian Italy European Mediterranean

Ingredients :

2	x	Yeast,active dry envelopes
1	cup	-Warm water
2 1 / 2	cup	Flour,unbleached up to 3
1	tsp	-Salt
2	tsp	Anise seeds
2	tbl	Olive oil
1	cup	Raisins,seedless dark
1	cup	Olive oil,or other for frying
1 1 / 2	cup	Honey
2	tbl	Lemon juice

Method :

- Frittelli di Chanuka Dissolve the yeast in 1 cup of warm water. Combine flour, salt and anise seeds in a bowl. Gradually add the dissolved yeast and the 2 Tbsp olive oil, mixing until a rather soft dough is formed. Turn out onto a floured working surface. Knead for about 10 minutes or until dough is smooth and elastic.
- Spread the raisins over the working surface and knead the dough over them until they have all been incorporated into the dough. Shape into a ball, cover with a clean kitchen towel and let rise in a warm place for 1 hour or till doubled in bulk.
- With the palms of your hands, flatten down to about 1/2" thickness. Let rest, uncovered, 15 minutes. With a sharp knife, cut into 36 diamonds.
- Heat the oil in a deep saucepan and fry the diamonds a few at a time, turning, until golden brown on both sides. Transfer to a paper towel to drain.
- Heat the honey in a saucepan with 2 Tbsp of lemon juice and boil for just 3 minutes. Arrange frittele on a serving plate and pour the hot honey over them. YIELDS: 3 dozen

Chargrilled Wild Boar with Sweet Potato Mash and Fennel G

Yield > 1 servings

Keys : Job Meats Game Tubers Root Vegetable Herbs Italian Italy European Mediterranean

Ingredients :

1	x	Leg of wild boar marinated overnight in, garlic, carrots, red wine
		Rosemary, honey and brown sugar

Method :

- BBQHaving marinated the leg of wild boar overnight, remove the meat from the bone and cut into good sized pieces. Season well and drizzle with olive oil. Barbecue or chargrill until well done. Once cooked, place in a bowl and dress with olive oil, lemon juice, fresh basil and rosemary before serving.
- Sweet potato mash - peel the sweet and normal potatoes

		Olive oil
		Sea salt
2	x	Lemons
		Fresh basil
		Fresh rosemary
SWEET POTATO MASH		
1	lb	Sweet potato
1 / 2	lb	Normal potato
1 / 4	pt	Milk
		Salt and pepper
		Nutmeg to taste
FENNEL GRATIN		
		Fennel bulbs
		Garlic
		Baby onion
		Grated parmesan
BECHAMEL		
1 1 / 2	oz	Butter
1 1 / 2	oz	Plain flour
1	pt	Hot milk
		Salt and pepper
		Grated nutmeg
APPLE SAUCE		
1	lb	Cooking apples
		Garlic
1	oz	Brown sugar
1 / 2	pt	Water

before cutting into pieces and boiling (separately) for 20-30 minutes in salted water. Drain and then mash the sweet and normal potatoes together with milk until smooth. Add seasoning and nutmeg to taste.

- Bechamel - melt the butter in a pan and mix in the flour to form a smooth paste. Remove from the heat and slowly add all the milk.
- Return to the heat and stir continuously until sauce thickens. Add grated nutmeg and season to taste.
- Part boil the fennel and then place in a basting tin with some olive oil on the barbecue or chargrill. Once slightly browned, smother in bechamel sauce and top with a generous amount of grated parmesan.
- Place under a grill until slightly browned on top.
- Bring the water to the boil and add the apples, brown sugar and a little garlic. Simmer until the apples break down and reduce to a sauce consistency.

Charlton Heston's Spaghetti with Cauliflower

Yield > 4

Keys : Pasta Vegetables Italian Italy European Mediterranean

Ingredients :

1	sm	cauliflower
1	tbl	olive oil
1	x	onion, chopped

Method :

- Break cauliflower into flowerets. Cook in boiling water about 10 minutes, or until tender. Drain. Heat oil in a heavy pan or skillet. Add onions. Cook until tender. Add anchovies to oil. Heat and stir for 2 minutes. Add tomatoes.
- Cover and simmer about 20 minutes. Add nuts, currants,

4	x	anchovie fillets, cut
1	lrg	can whole or pureed tomatoes
1 1 / 2	tsp	pine nuts
1	tbl	currants, (fresh or canned)
		salt and pepper to taste

and cooked cauliflower.

- Add salt and pepper and mix well. Simmer over very low flame. Cook spaghetti according to directions. Top with sauce.

Cheese Focaccia



Yield > 12 Servings

Keys : Breads Italian Italy European Mediterranean

Ingredients :

1	lb	Loaf frozen bread dough, thaw as pkg directs
1	x	Egg
1	cup	Cottage cheese
2	tbl	Parmesan
1 / 2	tsp	Dried basil
1 / 2	tsp	Dried oregano leaves
1 / 4	tsp	Garlic salt
1 / 4	tsp	Pepper
3 / 4	cup	Prepared pizza sauce
3	oz	Mozzarella

Method :

- Prep: 20 mins Rising: 1 hr Cook: 30 mins Divide bread dough in half. Press and stretch one half into greased 13x9" baking pan, pushing dough up sides to form shallow rim. In sm bowl beat egg, stir in reamining ingreds except pizza sauce and mozzarella. Spread evenly over dough. Stretch remaining half of dough to fit pan, place over filling and press dough edges to seal completely. Let rise in warm place until doubled about 1 hr. Spread pizza sauce evenly over top of bread dough, sprinkle with mozzarella. Bake 375, 30 mins until edges are crusty and cheese melts. Cool 5 mins. Cut into squares.

Cheesy Italian Tortellini



Yield > 1

Keys : Crockpot Casserole Pasta Italian Italy European Mediterranean

Ingredients :

1/2	lb	ground beef
1/2	lb	italian sausage
1	ct	refrigerated marinara sauce (15 ounces)
1	cup	sliced fresh mushrooms
1	can	diced tomatoes with Italian Seasoning undrained
		(14 1/2 oz
1	pkt	refrigerated cheese tortellini (9 ounces)
1	cup	shredded mozzarella or pizza style cheese

Method :

- Break beef and sausage into large pieces in 10-inch skillet. Cook over medium heat about 10 minutes, stirring occasionally, or until brown.
- Spray inside of 4- to 5- quart slow cooker with cooking spray. Mix beef mixture, marinara sauce, mushrooms and tomatoes in slow cooker
- Cover and cook on low heat setting 7 to 8 hours. Stir in tortellini; sprinkle with cheese. Cover and cook on low heat seeting about 15 minutes longer our until tortellini is tender. 4 to 6 servings.
- NOTES : Substititution: A can of plain diced tomatoes and 1/2 teaspoon dried Italian seasoning can be used instead of the diced tomatoes with Italian seasoning.

Cherry Pineapple Kugel

Yield > 12

Keys : Tropical Fruits Pasta Italian Italy European Mediterranean

Ingredients :

1/2	stk	margarine, melted
1	x	16 ounce wi noodles, cooked
4	x	eggs, beaten
1/2	cup	sugar
1	tsp	vanilla extract
1	can	crushed pineapple in juice, 20 oz., drained
1	can	cherry pie filling, 20 oz.
		or

Method :

- Lightly grease a 9 X13 baking dish. Preheat oven to 350^F.
- In a large mixing bowl, combine melted margarine with noodles; toss well to coat. Add eggs, sugar, vanilla and pineapple; mixing well.
- Pour 1/2 noodle mixture into prepared dish. Spread with either cherry pie filling or apricot preserves*. Cover with remaining noodle mixture.
- Lightly crush corn flakes and combine with sugar and cinnamon. Sprinkle over top of kugel. Dot with margarine. Bake for 40 minutes or until golden.

TOPPING,		
1	cup	corn flakes, lightly crushed
1	tbl	sugar

Chestnut Fool

Yield > 1 Servings

Keys : Desserts Nuts Italian Italy European Mediterranean

Ingredients :

500	gm	Chestnuts
150	gm	Fresh Cream
20	gm	Cocoa
2	tsp	Sugar
		Nut Sized Pieces Of Butter

Method :

- Sieve the boiled and peeled chestnuts into a bowl. Add the cocoa, sugar, butter, and 100 g whipped cream. Blend well and put it into individual glasses. Place these in the fridge. Whip the remaining cream and keep it cool. Using a suitable icing bag, cover the puree in the glasses with the whipped cream just before serving.

Chicago Italian Beef Sandwich



Yield > 1

Keys : Meats Italian Italy European Mediterranean

Ingredients :

1	x	5-lb rump roast
1	med	onion, diced
2	cup	beef stock
1	tbl	fresh oregano or 1 tsp dried oregano
1	tsp	thyme
1	tsp	dried marjoram
1	x	bay leaf
1	tsp	hot pepper sauce, such as Tabasco
2	tbl	Worcestershire sauce
3	x	to 6 garlic cloves, crushed

Method :

- Preheat the oven to 300 F (160 C). Dry the roast, season it with salt and pepper, and place it on a rack in a roasting pan. Strew the onion over the top of the roast and put the pan in the oven. Roast until an instant-read thermometer inserted into the center of the meat reads 140 F (60 C). Remove the roast to a platter or cutting board, cover loosely with aluminum foil, and let rest for a half hour.
- Leave the roasting juices in the roasting pan and add all the other ingredients except the bread. On the top of the stove, heat and simmer the mixture for 15 to 20 minutes, adding any juices that collect from the resting beef.
- Slice the beef thinly, and arrange the slices in a dish. Strain the juice mixture, pour it over the beef, and refrigerate for 8 to 12 hours.
- Heat the roast beef and sauce thoroughly. Put the sliced beef on Italian bread or rolls and spoon some of the sauce on top or serve it alongside for dipping.
- Some recipes recommend adding grilled green pepper slices to the sandwich or a giardinera relish (made from pickled Greek peppers, carrots, cauliflower, cucumbers, celery,

1	x	green pepper, seeded and chopped
1	tbl	fresh basil (optional)
		Italian bread or rolls

turnips, red peppers, olives and onions).

Chicken Alla Spina

Yield > 6 Servings

Keys : Chicken Main Dish Poultry Italian Italy European Mediterranean

Ingredients :

1	whl	chicken, cut into serving pieces
		Oil for frying
3	lrg	Onions
		Salt/pepper
1	tsp	Oregano
4	oz	Red wine

Method :

- Brown chicken in oil, set aside. Lightly saute onions on same oil. Place chicken in roasting pan. Layer onions over top and sprinkle salt, pepper, and oregano over all. Cover pan, bake at 350 degrees for 30 minutes. Add wine over all. Bake and additional 30 minutes, stirring occasionally to loosen. Serve with a loaf of Italian bread.

Chicken Arrabbiata



Yield > 6

Keys : Chicken Low Calorie Fat Free Diet Poultry Italian Italy European Mediterranean

Ingredients :

1	slc	bacon diced
1	x	clove garlic minced
6	x	skinless boneless chicken breast halves
1 1/2	cup	canned crushed tomatoes
1	tsp	chopped fresh oregano

Method :

- Cook bacon and garlic in a 10-inch skillet over medium-high heat until garlic begins to soften and bacon begins to brown, about 1 minute. Add chicken breast halves, and continue to cook, turning chicken breasts often, until the chicken turns a golden brown, 6 to 8 minutes.
- Add tomatoes, oregano and red pepper flakes. Bring to a boil, lower heat and simmer, uncovered, for about 5 minutes.
- Serve with Parmesan cheese on the side.
- Serving Ideas : Hot garlic bread. Deli green bean salad.

1 / 2	tsp	crushed red pepper flakes
		Parmesan cheese

Pignoli cookies

Chicken Breasts with Prosciutto and Cheese



Yield > 4 Servings

Keys : Chicken Main Dish Poultry Italian Italy European Mediterranean

Ingredients :

4	x	Boneless chicken breasts
1 / 4	cup	Flour
		Salt/pepper
3	tbl	Butter
1 / 4	cup	Chicken stock
2	tbl	Oil
8	slc	Prosciutto
8	slc	Fontina or Bel Paese cheese
4	tbl	Parmesan cheese, grated

Method :

- Cut chicken breasts in half and pound lightly. Mix flour, salt and pepper.
- Dredge chicken into seasoned flour. Heat olive oil and butter, add chicken and saute quickly to a golden brown. Place chicken in a buttered baking dish and layer with prosciutto and cheese slices. Sprinkle grated cheese and chicken stock over all. Bake uncovered for ten minutes until cheese is melted and lightly browned.

Chicken Broth (Brodo Di Pollo)



Yield > 1.2 litres

Keys : Poultry Chicken Italian Italy European Mediterranean Hot

Ingredients :

		This forms the basis of many soups.
		The chicken can be reserved hot for the main course or cold with Salsa verde or
		Maionese tonnata (qv)
1	x	1.5kg oven ready chicken (except the liver)
1 1 / 5	lt	water
1	x	carrot sliced
1	x	onion sliced
2	x	celery sticks sliced
2	x	tomatoes quartered
1	x	bay leaf
6	x	peppercorns
1	tsp	salt
1	x	chicken stock cube

Method :

- Put the prepared chicken and giblets into a deep pan and add the water.
- Bring slowly to the water boil and remove any scum.
- Add the sliced vegetables bay leaf peppercorns and salt.
- Cover and simmer very gently until the chicken is tender about 1 hour.
- Lift out the chicken.
- Strain the broth and check the seasoning; if necessary crumble in the stock cube and stir until dissolved.
- Makes about 1.2 litres.

		(optional)

Chicken Bundles Italian



Yield > 8

Keys : Chicken Low Calorie Fat Free Diet Poultry Italian Italy European Mediterranean Italian

Ingredients :

1 1/2	cup	boned and skinned chicken breast halves cooked
		& chopped
2	cup	sliced green onions
1	tsp	olive oil
10	oz	frozen chopped spinach thawed and drained
1	cup	lowfat ricotta cheese
1/3	cup	grated fresh Parmesan cheese
1/2	tsp	garlic powder
1/4	tsp	oregano crushed
1/4	tsp	nutmeg
1/4	tsp	lemon juice
1	tbl	butter melted
8	x	egg roll wrappers
		vegetable oil spray

Method :

- Cook onions in olive oil. In a large mixing bowl combine spinach, ricotta cheese, Parmesan cheese, garlic powder, oregano, nutmeg, and lemon juice. Stir in chicken and onions. Season to taste with salt and pepper.
- Spray eight 10-oz custard cups. Line each dish with an egg roll wrapper.
- Divide chicken mixture among the 8 dishes. Fold the ends of each wrapper over the top of the chicken mixture, sealing to make a bundle.
- Brush with melted butter. Bake in 350F oven for 20-25 minutes or until tops are golden. To serve, loosen bundles with a knife and remove from cups.

Chicken Cacciatora



Yield > 4

Keys : Chicken Main Dish Poultry Italian Italy European Mediterranean

Ingredients :

3	lb	Chicken
		Salt
		Black pepper, freshly ground
3	tbl	Olive oil
1	x	Onion sliced
1	lrg	Red bell pepper cut into strips
2	x	Garlic cloves minced
1/2	cup	Dry white wine
2	cup	Peeled, chopped, and drained tomatoes
		(or one 28-ounce can peeled tomatoes drained and chopped)
1	tsp	Minced fresh oregano
		(or 1/2 teaspoon dried oregano)
1/2	tsp	Dried thyme
1	x	Bay leaf
2	tbl	Minced fresh basil leaves

Method :

- Cut the chicken into serving size pieces, rinse, and pat dry. Season the chicken with salt and pepper. In a large skillet over medium heat, cook the chicken in 2 tablespoons of the oil, turning occasionally, for 5 to 7 minutes, or until browned. Transfer the chicken to a plate. Add the remaining 1 tablespoon of oil to the skillet and heat it until hot. Add the onion, bell pepper, and garlic, and cook, stirring occasionally, for 5 minutes. Add the wine and reduce for 1 minute. Add the tomatoes, oregano, thyme, bay leaf, and salt and pepper, and bring the mixture to a simmer.
- Return the chicken to the skillet and simmer, covered, for 25 to 30 minutes, or until the juices run clear. Transfer the chicken to a serving platter. Reduce the vegetable mixture in the skillet, stirring, until it is thick, about 3 minutes. Spoon the vegetable mixture over the chicken. Sprinkle the dish with the basil.
- This recipe serves 4 to 6.
- Comments: Meat, game, or poultry can be cooked alla cacciatora, or "in the hunter's style," though the style seems to vary from cook to cook. Generally, these dishes include onions and other vegetables. In this version, the tomatoes, wine, and herbs add a great deal of the flavor. In some recipes, olives and/or anchovies are included.

Chicken Cannelloni



Yield > 6 Servings

Keys : Cannelloni Pasta Poultry Italian Italy European Mediterranean Frozen

Ingredients :

3 / 4	cup	Thinly sliced celery
1 / 2	cup	Thinly sliced carrots
1 / 2	cup	Sliced fresh mushrooms
1	sm	Onion, chopped
1	whl	clove garlic, minced
1	can	Tomato sauce, (8 oz.)
1	can	Tomatoes, (7 1/2 oz.) cut up
1	tsp	Italian seasoning
3 / 4	tsp	Sugar
3	whl	medium chicken breasts, skinned, boned and halved lengthwise
1 / 2	cup	Cottage cheese
3	tbl	Grated Parmesan cheese
1	tbl	Sliced green onion
1 / 2	tsp	Italian seasoning
2	oz	Mozzarella cheese

Method :

- For sauce, in a medium saucepan, cook celery, carrots, mushrooms, onion and garlic in 1 tablespoon water until onion is tender. Stir in tomato sauce, undrained tomatoes, 1 teaspoon Italian seasoning and sugar. Bring to boiling; reduce heat. Simmer, uncovered, until reduced to 1 1/4 cups, about 30 minutes. Pound chicken breasts between 2 pieces of clear plastic wrap to 1/4-inch thickness. Combine cottage cheese, Parmesan cheese, green onion, 1/2 teaspoon Italian seasoning and dash of pepper. Place about 1 1/2 tablespoons of cheese mixture on each chicken piece. Roll up. Place, seam side down, in a baking dish, 8 x 8 x 2-inches. Pour sauce over rolls. Cover with foil and freeze. To serve, bake frozen, covered, in a 375 degrees oven for 45 minutes. Uncover and bake 15 to 20 minutes more or until tender. Cut cheese into strips and place atop rolls; bake 3 to 5 minutes more.
- Serves 6.

Chicken Crescent Calzones

Yield > 4 Servings

Keys : Crescent Poultry Italian Italy European Mediterranean

Ingredients :

1	can	Pillsbury Crescent Rolls, (8 ounce can)
4	slc	Oven-roasted chicken, from deli
4	slc	Monterey jack cheese, (1-oz)
1	can	Green Giant Mushroom Pieces and Stems, (8-oz) drained
1	x	Egg, beaten
1 / 2	cup	Progresso Plain Bread Crumbs
1	jar	chicken gravy, (12-oz)
1 / 4	cup	Sliced green onions
1 / 4	tsp	Paprika

Method :

- 1) Heat oven to 375F. Spray cookie sheet or 13x9-inch (3-quart) baking dish with nonstick cooking spray.
- 2. Separate dough into 4 rectangles. Firmly press perforations to seal.
- Press each to 6x5-inch rectangle. Top each with slice of chicken, slice of cheese and 1 tbsp. of the muchrooms. Reserve remaining muchrooms for gravy.
- Fold dough in half, fomring a square; pinch edges to seal. Dip each calzone in egg; coat with bread crumbs. Place on sprayed cookie sheet.
- 3. Bake at 375F for 20-25 minutes or until deep golden brown.
- 4. Meanwhile, in medium saucepan, combine gravy and reserved mushrooms; cook over medium heat until hot, stirring occasionlaly. Serve gravy over calzones; sprinkle with onions and paprika.
- Serving Ideas :
  NOTES : Margie Billingsley Austin, Texas

Chicken Da Vinci

Yield > 4

Keys : Poultry Main Meats Italian Italy European Mediterranean

Ingredients :

2	whl	Boneless Chicken Breasts, Cut In Fine Strips
1	tbl	Oil
2	whl	Green Peppers Diced
1	x	W Onion Sliced Or Chunked
1	lb	Fresh mushrooms
1	lb	Italian Sausage Sliced 1/2" Thick
2	cl	Garlic
		Chicken broth
		White wine

Method :

- Saute Italian
  Sausage slices until done, remove from pan. In the grease from the sausages, with olive oil added as necessary, saute the garlic and green peppers. When peppers are about 1/2 done, add the onion. Cook until veggies are barely tender, still a trifle crisp, but not browned. Remove from pan and add to sausages. Add more oil, saute mushrooms until browned, remove and add to rest of the stuff. Last step, saute the chicken until done. Add everything else back into the pan, season generously with rosemary and oregano. Throwing a little basil in won't hurt it either. If the dish seems dry, add small amounts of either plain chicken broth or a broth & white wine mix. If you've added too much liquid, then thicken it with cornstarch.

Chicken Francesa



Yield > 8 Servings

Keys : Chicken Poultry Italian Italy European Mediterranean

Ingredients :

4	lrg	Boneless chicken breasts
		(halved)
1	cup	Milk enough to soak chicken
1	cup	Breadcrumbs
1	cup	Grated parmesan cheese
2	tbl	Chopped parsley
1	cup	Olive oil
1	cup	Chicken broth
		Grand Marnier Liqueur
		Salt
		Pepper
1	x	Lemon
1	cup	White wine
		Butter
1 / 4	cup	Lemon juice

Method :

- Remove the tenderloin from each half chicken breast and save. Fillet each half chicken breast into two slices to yield 12 pieces. Use flat of meat pounder and lightly pound each piece,inculding tenderloins. Soak all the chicken in milk about 10 mins. Mix breadcrumbs,parmesan cheese,chopped parsley and dredge each slice of chicken in the mixture making sure each slice is well covered. Add oil to a large skillet and quickly braise breasts on each side untill lightly browned. Do not over cook. Place one slice of lemon on top of each breast and place in a lightly buttered baking dish. Remove all but 1 tbsp. of oil from skillet leaving residue from chicken. Add white wine and boil untill liquid is reduced by half. Add lemon juice and chicken broth and boil till reduced by half then pour over chicken breasts. Next drizzle Grand Marnier over each slice of chicken breast according to taste. Bake at 350 F untill liquid begins to bubble between 20-25 mins and your finished. Serve with buttered noodles and any green vegetable.

Chicken Italiano



Yield > 4 servings

Keys : Low Calorie Fat Free Diet Diabetic Chicken Poultry Canadian Canada North American Canadian

Ingredients :

14	oz	Tomatoes, canned
1/2	tsp	Basil, dried
1/2	tsp	Tarragon
1/2	tsp	Salt
1/4	tsp	Pepper, freshly ground
2	tsp	Butter, oil or marjarine
1	x	Garlic clove finely chopped
2	lb	Chicken pieces, skinned
2	tbl	Parsley chopped or 2 tsp dry
1/2	cup	Mozzarella cheese, shredded

Method :

- Original recipe calls for chicken breast with bones. Because of the sauce, it is easier to eat with bones removed. A good dish to make with a whole utility frying chicken. Bones and skin can be cooked up in a separate pot for stock.
- Pour tomatoes into container of a blender or food processor. Add basil, tarragon, salt and papper. Puree until smooth. Melt margarine in a large frypan. Saute garlic over medium heat 1 min.
- (or mix in 1/2 tsp garlic powder with other spices)
- Add chicken pieces, saute, turning once or twice until golden on both sides. Cover with tomato mixture. Bring to a boil, reduce heat and simmer 15 min until tender. Remove chicken and place in a warm oven-proof dish. Stir parsley into sauce and spoon over chicken.
- Sprinkle with Mozzarella. Place under heated broiler 1 min just until cheese melts.
- Or place on a microwave-safe dish and melt cheese in microwave. Or sprinkle with grated parmesan cheese and serve immediately.

Chicken Liver Crostini



Yield > 6 to 8.

Keys : Poultry Offal Italian Italy European Mediterranean

Ingredients :

4	tbl	(60 ml) extra-virgin olive oil
1	sm	onion, finely chopped
1	x	clove garlic, finely chopped
1 / 2	x	celery stick, finely chopped
1 / 2	x	carrot, finely chopped
8	oz	(225 g) chicken livers, cleaned and chopped
1 / 4	cup	(60 ml) dry white wine or water
1	tsp	(5 ml) tomato paste
		Salt and freshly ground pepper to taste
2	tbl	(30 ml) butter
1	tbl	(15 ml) capers, rinsed and finely chopped
2	x	canned anchovies, rinsed and finely chopped
		Italian or French bread, sliced and toasted

Method :

- Heat the olive oil in a saucepan over moderate heat and saute the onion, garlic, celery, and carrot until tender, about 10 minutes. Add the chicken livers and cook until they are no longer pink, about 3 minutes. Add the wine, tomato paste, salt, and pepper and simmer until most of the liquid has evaporated, about 5 minutes. Remove from the heat and stir in the butter, capers, and anchovies, stirring until the butter has melted. The mixture may be served as is or pureed in an electric food processor. Spread over the toasted bread and serve immediately.
- Serves 6 to 8.

Chicken Marengo



Yield > 8 Servings

Keys : Chicken Poultry Italian Italy European Mediterranean

Ingredients :

2	x	Quartered broiler-fryers
3	tbl	Flour
1 1/2	tsp	Salt
1/8	tsp	Pepper
2	tbl	Olive or salad oil
4	tbl	Butter or margarine
1	x	Garlic clove, crushed
1/2	tsp	Dried thyme leaves
1/2	tsp	Dried basil leaves
1	tbl	Parsley, chopped
4	x	Ripe tomatoes (2 lb)
3	tbl	Tomato paste
1/2	tsp	Sugar
2	x	Tabasco drops
1	cup	Dry white wine
1/2	lb	Fresh mushrooms

Method :

- 1. Wash chicken under cold water; dry well on paper towels. On sheet of waxed paper, combine flour, salt and pepper; mix well. Roll chicken pieces in flour mixture, coating evenly. In a 5-quart Dutch oven, slowly heat the olive oil and 2 tablespoons butter.
- 2. Add chicken pieces to hot fat in a single layer; saute on all sides, turning with tongs, until nicely browned - 10 minutes. Remove chicken as it browns. Brown rest of chicken; remove and set aside. Add the garlic, thyme, basil and parsley to Dutch oven.
- 3. Saute herbs, stirring, over medium heat 5 minutes. If using fresh tomatoes, scald in boiling water; peel skins. Cut tomatoes in quarters; add to Dutch oven. (if using canned tomatoes, add with liquid.) Add tomato paste, sugar, Tobasco and 3/4 cup of the wine.
- 4. Stir to mix well. Place chicken in sauce. Bring to boiling; reduce heat; simmer, covered, 40 minutes. Meanwhile, wash mushrooms; slice through stem, 1/4 inch thick. In 2 tablespoons remaining butter in small skillet, saute mushrooms about 5 minutes, stirring.
- 5. Add sliced mushrooms to chicken; cook, covered, 10 minutes longer. About 10 minutes before serving, drain chicken livers on paper towels; halve.
- Saute livers, chopped onion and chopped mushrooms in 2 tablespoons hot butter, stirring, about 5 minutes.
- 6. Mash with fork; add 1 tablespoon soft butter; mix well.

GARNISH		
2	x	Chicken livers, washed
1 / 4	cup	Finely chopped onions
2	x	Mushrooms, finely chopped
1 / 4	cup	Butter or margarine
8	x	White toast slices
		Chppped parsley

Cut toast with heart-sharp cutter; spread with remaining butter, then with liver mixture.

- Stir 1/4 cup wine into sauce. Arrange chicken, with sauce and toast, on a platter. Sprinkle with parsley

Chicken Millicent

Yield > 2

Keys : Crockpot Casserole Poultry Soups Stews Vegetables Chicken Italian Italy European Mediterranean

Ingredients :

1	x	chicken cut up
1	pkt	dry spaghetti sauce mix
1 / 2	cup	dry white wine
2	x	tomatoes quartered
1 / 4	lb	fresh mushrooms sliced

Method :

- Put chicken in cooker. Combine spaghetti mix and wine, pour over chicken. Cover and cook for about 4-6 hours on low. Turn control to HIGH, add tomatoes and mushrooms.
- Cover and cook for 30-40 minutes till tomatoes are done.
- NOTE: In a pinch, you could use canned tomatoes and mushrooms.

Chicken 'Ossobuco'



Yield > 8 Servings

Keys : Chicken Main Dish Poultry Italian Italy European Mediterranean

Ingredients :

8	x	Boneless chicken breast
3 / 4	cup	Butter or margarine
8	lrg	Tomatoes, peeled, chopped

Method :

- Dredge chicken in flour seasoned with salt and pepper. Melt butter in large sauce pan; add chicken and brown on both sides. Add wine and cooke over low heat for 10 minutes. Add tomatoes and garlic. Cover and simmer until chicken is fork tender. Before serving, sprinkle with lemon rind and chopped parlsey.

3	tbl	Parsley, chopped
1 / 2	cup	Flour
3 / 4	cup	Dry white wine
2	lrg	Garlic cloves, crushed
1 1 / 2	tsp	Grated lemon rind
		Salt/pepper

Chicken Parmesan



Keys : Chicken Poultry Cheese Italian Italy European Mediterranean

Yield > 1 Servings

Ingredients :

2	tbl	Olive oil
6	lrg	Skinless boneless chicken breasts
2	x	Eggs
1 / 2	cup	Milk
2	x	Cloves garlic, minced
1 1 / 2	cup	Seasoned bread crumbs
1 / 2	cup	Freshly grated parmesan cheese
2	tbl	Flour
1	tsp	Italian seasoning, dried
1	tbl	Dried parsley

Method :

- Preheat oven to 350 . Pour the olive oil into a large rectangular baking pan. Place in the oven for 3 minutes. Tip pan to cover entire bottom surface with oil. Set aside. Pound chicken breasts to 1/4" thickness with a meat mallet. In a small bowl, whisk together eggs, milk and minced garlic.
- In another medium-sized bowl, mix together bread crumbs, parmesan cheese, flour and spices. Dip chicken breast in egg mixture and then into the crumb mixture, dusting entire piece of chicken. Then quickly dip again in the egg mixture and coat again with crumb mixture. Repeat with all the chicken pieces. Place breaded chicken pieces in the baking pan. Bake 30 minutes, turning after 15 minutes. Chicken coating should be nicely browned on each side. Pour about 1/4 c. of spaghetti sauce onto each chicken breast. Top with about 1/4 c. of shredded Mozzarella cheese. Sprinkle lightly with oregano. Bake again for about 5-8 minutes, or until the cheese is completely melted and bubbly. Garnish with fresh parsley sprigs.

1	tsp	Garlic powder
1 / 2	tsp	Onion salt
1 / 2	tsp	Dried basil
1 / 2	tsp	Crushed oregano
1 / 2	tsp	Salt
1 / 4	tsp	Pepper
3	cup	Spaghetti sauce
1	lb	Shredded mozzarella cheese
		Crushed oregano
		Fresh parsley sprigs

Chicken-Peanut Pasta



Yield > 6

Keys : Poultry Nuts Pasta Italian Italy European Mediterranean

Ingredients :

2	tsp	sugar
1 1 / 2	tsp	cornstarch
2	tsp	peeled minced ginger root
1 / 2	cup	water
3	tbl	low-sodium soy sauce
1 1 / 2	tsp	white vinegar
1 / 8	tsp	hot sauce
4	x	cloves garlic, minced
1	lb	skinned boned chicken breast
		cut into thin strips
1	tsp	vegetable oil
1	cup	minced green onions
1 1 / 2	cup	fresh snow peas, halved
4	cup	hot cooked fusilli,

Method :

- Combine first 8 ingredients in a large bowl; stir well. Add chicken, and toss gently to coat. Cover and chill 1 hour.
- Remove chicken from marinade, reserving marinade. Heat vegetable oil in a large skillet over medium-high heat. Add chicken; stir-fry 5 minutes. Add reserved marinade, green onions, and snow peas; stir-fry 2 minutes or until slightly thickened. Remove from heat. Combine fusilli, sesame oil, and 1 teaspoon soy sauce in a large bowl; toss gently to coat. Add chicken mixture and peanuts, tossing gently.
- Yield: 6 servings (serving size: 1-1/4 cups).

		cooked without salt or fat
1	tsp	dark sesame oil
1	tsp	low-sodium soy sauce
1 / 3	cup	unsalted dry-roasted

Chicken Pepperoni



Yield > 4 Servings

Keys : Poultry Italian Italy European Mediterranean

Ingredients :

1 / 2	lb	PASTA NOODLES
1 / 2	x	PEPPERONI STICK
1 / 3	cup	FLOUR
1	lb	BONELESS CHICKEN BREAST
2	can	TOMATO SAUCE, 8oz - EA.

Method :

- DICE PEPPERONI INTO 1/4" CUBES. COOK IN SKILLET, OVER MEDIUM HEAT, UNTIL MOSTLY DEGREASED. REMOVE FROM SKILLET AND SET ASIDE. CUT CHICKEN INTO BITE SIZE PIECES. SEASON FLOUR WITH SPICES, (OREGANO, BASIL, TARRAGON, GARLIC POWDER AND ONION POWDER). DREDGE CHICKEN IN FLOUR MIX. BROWN IN PEPPERONI FAT (AND OLIVE OIL IF NEEDED). SET ASIDE. STIR TOMATO SAUCE AND REMAINING FLOUR MIX IN SKILLET. STIR IN CHICKEN AND PEPPERONI. ADD 1/3 TO 1/2 CUP WATER TO COVER MEAT. ALLOW MIX TO SIMMER FOR 30 TO 45 MINUTES OR UNTIL CHICKEN IS TENDER. SERVE OVER A BED OF PASTA.

Chicken Piccata Sandy Herzog

Yield > 2

Keys : Poultry Chicken Sauces Italian Italy European Mediterranean

Ingredients :

2	x	chicken breast, boned and skinned
1/2	cup	dry white wine
1	x	juice of 1 lemon
		oil
1/2	lb	mushrooms, sliced
		flour, salt, pepper

Method :

- Pound chicken breasts to about 1/4" thickness. Dredge in flour, salt and pepper. Fry quickly in oil. Sauteesliced mushrooms in same pan. Add juice of one lemon and the white wine. Boil down to about 1/2, then add back the chicken and heat until chicken is warm.

Chicken Pignole

Yield > 6 Servings

Keys : Poultry Italian Italy European Mediterranean

Ingredients :

6	whl	chicken breasts, boned and trimmed but not skinned
1/4	lb	Butter
		Olive oil
PINE NUT STIFFING		
6	x	Eggs
6	oz	Parmesan cheese, grated
12	oz	Feta cheese, chopped
6	oz	Shelled pine nuts
1/2	med	Onion, minced
2	tbl	Comm. poultry seasoning
1	tsp	Salt
1	tsp	White pepper
1 1/2	cup	Milk
6	slc	Bread, toasted, crust removed, cut in 1" squares

Method :

- 1. Liberally rub the inside each whole chicken breast with 1 to 2 tablespoons butter. Place a mound of Pine Nut Stuffing in the center of the breast. Fold sides of the breast over the stuffing to cover. Seal breasts with toothpicks.
- 2. Place sealed breasts, seam side down, in a roasting pan lightly coated with olive oil. Rub olive oil over the exposed skin of each breast. Bake in a 375 drained sun-dried -S M oven for 25 to 30 min. or until the skin is golden brown. Directions for Pine Nut Stuffing: Combine all ingredients, mixing well to incorporate.
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- WINE:ANTONIN RODET, MEURSAULT,79

Chicken Pizzaiola



Yield > 6 Servings

Keys : Chicken Main Dish Poultry Italian Italy European Mediterranean

Ingredients :

1 1/2	lb	Chicken breast, boneless, and skinless
1/4	cup	Olive oil
		Salt & pepper
1	tsp	Oregano
1/2	tsp	Parsley
28	oz	Can plum tomatoes, crushed
2	x	Garlic cloves, sliced

Method :

- In a large fry pan qith a tight fitting lid, brown chicken in oil on both sides, seasoning with salt and pepper.
- Combine all other ingredients and pour over browned chicken breast; cover and cook over low heat for 45 minutes, adding water if needed.

Chicken Rotini



Yield > 5

Keys : Main Poultry Dishes Pasta Italian Italy European Mediterranean

Ingredients :

Method :

- Slice each chicken breast lengthwise about 1 inch thick. Set aside; heat 2 tablespoons oil in Dutch oven. Add chicken

3	x	bonelesss and skinless chicken breasts
1 / 2	cup	chopped onion
1 / 2	cup	chopped celery
1 / 2	tsp	salt
1 / 2	tsp	pepper
1	tsp	garlic salt
1 / 4	tsp	basil leaves
1 / 4	tsp	ground oregano
1	tsp	sugar
2	tbl	Worcestershire sauce
1	can	tomato paste (6 oz.)
1	can	tomato sauce (15 oz. each)
1	can	stewed tomatoes (8 oz.)
1	cup	water
		Oil (for frying)
1	pkt	rotini pasta (approx. 12 oz.)

strips and brown both sides. Remove chicken, set aside. Add another tablespoon oil to pot. Stir in chopped onion and celery. Sauta for about 5 minutes. Add cooked chicken, seasonings (except sugar) and 1/2 cup of the water and stir together. Add tomato paste and remaining water to pot. Stir gently, cover and simmer 10 minutes.

- Add tomato sauce, stewed tomatoes, Worcestershire sauce and sugar to the pot and stir. Cover and simmer 30 minutes to 1 hour, stirring occasionally. (Add a little water during cooking if necessary. Sauce should be thick but not dry.) While sauce is cooking, cook your rotini pasta according to directions on package. Serve chicken and sauce over pasta. May sprinkle parmesan cheese over dish, if desired. Serving suggestion: garlic bread and salad.
- Makes 5 to 6 servings.
- Ronda Says: My mother used to make chicken spaghetti when I was growing up. Over the years I've changed the sauce and choice of pasta developing my own recipe. I recommend cheese cake for dessert. It's a great accompaniment with this Italian dish.

Chicken Scalloppine



Yield > 4 Servings

Keys : Chicken Main Dish Poultry Italian Italy European Mediterranean

Ingredients :

1	lb	Chicken cutlets, sliced thin
1	tbl	Flour
1	sm	Onion, sliced
1 / 2	cup	Dry white wine
1 / 4	lb	Mushrooms, sliced
3	tbl	Butter

Method :

- Saute mushrooms in 1 T of butter, set aside. In same pan, saute garlic in 2 T butter until light golden in color, then discard garlic. Add chicken to pan and saute until brown. Sprinkle chicken with flour, salt, pepper, sage, and nutmeg. Add onions, wine, and tomato puree. Cover and cook about 20 minutes or until tender. Stir several times while cooking. When chicken is tender, add mushrooms and olives. Cook additional 5-7 minutes. Add a bit more wine if sauce becomes too thick during cooking.

		Pinch of sage
		Pinch of nutmeg
1/2	cup	Tomato puree
1	tbl	Stuffed green olives, sliced

Chicken Stir-Fry



Yield > 4

Keys : Poultry Italian Italy European Mediterranean

Ingredients :

4	x	boneless skinless chicken breast
		halves
3	tbl	cornstarch
2	tbl	soy sauce
1/2	tsp	ground ginger
1/4	tsp	garlic powder
3	tbl	cooking oil, divided
2	cup	broccoli flowerets
1	cup	sliced celery, 1/2" pieces
1	cup	carrots, thinly sliced
1	sm	onion, cut into wedges
1	cup	water
1	tsp	chicken bouillon granules

Method :

- Cut chicken into 1/2" strips; place in a resealable plastic bag. Add cornstarch and toss to coat. Combine soy sauce, ginger and garlic powder; add to bag and shake well. Refrigerate for 30 minutes. In a large skillet or wok, heat 2 Tablespoon of oil; stir-fry chicken until no longer pink, about 3-5 minutes. Remove and keep warm. Add remaining oil; stir-fry broccoli, celery, carrots and onion for 4-5 minutes or until crisp-tender. Add water and bouillon. Return chicken to pan. Cook and stir until thickened and bubbly.

Chicken Tetrazzine with Spaghettini En Casserole

Yield > 6

Keys : Poultry Pasta Casseroles Italian Italy European Mediterranean

Ingredients :

1/4	lb	butter
1	cup	flour
1	qt	chicken stock
2	x	egg yolks
1/4	cup	pimento, chopped
1/4	cup	mushrooms, sliced
		cheddar, grated
		parmesan, grated
		salt and pepper
4	lb	chicken, boil, debone, cut
		strips
1	cup	boiled ham, cut in strips
1/2	lb	spaghettini, cook al dente

Method :

- Melt butter and add flour and cook. Stir slowly until well blended without lumps. Make sure flour is cooked. Add stock, mix well then add yolks and stir.
- Add chicken, ham, mushrooms and pimentos, stirring to mix all ingredients.
- Fold in spaghetti. Place in casserole dish, sprinkle with grated cheeses. Bake until cheese is melted golden brown.

Chicken Tortellini with Red Onion Marmalade

Yield > 1

Keys : Poultry Pasta Italian Italy European Mediterranean

Ingredients :

RED ONION MARMALADE		
2	med	red onions, chopped, in 1/4" dice
2	cup	lambrusco wine
1	cup	orange juice
2	tbl	sugar
FILLING		
2	tbl	butter
7	oz	boneless, skinless breast of chicken

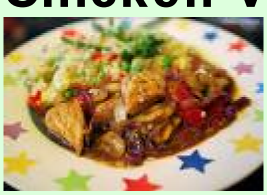
Method :

- To make marmalade:
  Place chopped red onions, Lambrusco, orange juice and sugar in a saucepan and place over medium high heat. Bring to a boil, lower heat to medium and reduce until thick like marmalade, about 30 minutes. Remove from heat and allow to cool.
- To make filling:
  In a 12- to 14-inch sauteepan, melt butter over medium heat until just starting to foam. Slice raw chicken very thinly across the grain and place in pan with butter. Cook over medium heat, stirring constantly, until very lightly browned. Add wine, cover and cook for 5 minutes. Remove cover and cook until liquid is gone, 2 to 3 more minutes. Remove from heat and allow to cool.
- Cut prosciutto and mortadella into 1/4-inch dice and place in food processor.

1 / 2	cup	dry white wine
3	oz	prosciutto, cold from refrigerator
5	oz	mortadella, cold from refrigerator
3 / 4	cup	grated parmigiano-reggiano, plus 1/2 cup
1 / 2	tsp	freshly grated nutmeg
1 / 4	cup	milk
1	x	egg
PASTA		
4	x	extra large eggs
3 1 / 2	cup	unbleached all-purpose flour plus 1/2 cup
1 / 2	tsp	olive oil
2	cup	basic chicken broth

- Add cooled contents of sauteepan and pulse until just ground, like meat, not like a mousse. Pour into a large mixing bowl and add cheese, nutmeg, milk and egg, folding carefully. Check for seasoning with salt only and refrigerate.
- Make a mound of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the eggs, oil and any other flavoring you choose. Using a fork, beat together the eggs, oil and flavorings and begin to incorporate the flour starting with the inner rim of the well. As you expand the well, keep pushing the flour up to retain the well shape. Do not worry that this initial phase looks messy. The dough will come together when 1/2 of the flour is incorporated.
- Start kneading the dough with both hands, using the palms of your hands primarily. Once you have a cohesive mass, remove the dough from the board and scrape up any left over crusty bits. Lightly flour the board and continue kneading for 3 more minutes. The dough should be elastic and a little sticky.
- Continue to knead for another 3 minutes, remembering to dust your board when necessary. Wrap the dough in plastic and allow to rest for 30 minutes at room temperature.
- Note: do not skip the kneading or resting portion of this recipe, they are essential for a light pasta.
- Yield: 1 pound
- To assemble tortellini:
Lay out 1 sheet of pasta and cut into 2-inch rounds using a water glass or cookie cutter. Cover cut rounds with a damp kitchen towel so that they do not dry out. Working 5 at a time, place 1/2 teaspoon filling in center of each round. Fold each round in half to form a half moon and pinch the edges tightly together to seal. Take the two opposing corners and bring the tails of the half moon together, twisting one half turn so that the sealed half round edge curves around the outside of the filled soul of the tortellini. Repeat with each round until all pasta is used up. Leave formed pasta shapes uncovered to dry.
- To serve, heat the chicken stock to boil in a large pasta pot and add onion marmalade. Check broth for seasoning with salt. Drop 48 tortellini into broth and return to boil. Lower heat until just under boil and cook tortellini until tender and yet still possessing a discernible resistance to the bite, about 4 to 6 minutes. Spoon 12 tortellini into each of 4 warm soup bowls and divide the broth among them. Sprinkle with grated Parmigiano-Reggiano and serve immediately.
- Yield: 4

Chicken Veneto



Yield > 4 Servings

Keys : Poultry Italian Italy European Mediterranean Hot

Ingredients :

1	lb	Ripe tomatoes
1	x	Chicken (3 to 3 1/2 lbs)
		Flour for Dredging
4	tbl	Olive oil
1	x	Onion, halved and sliced
1	stalk	celery, sliced
1/2	cup	Dry white wine
1/2	tsp	Chopped fresh oregano (1/4 tsp dried)
		Salt and pepper to taste
2	tbl	Balsamic vinegar
1/4	lb	Fresh mushrooms, sliced

Method :

- Remove core from tomatoes and cut a cross in the opposite end. Put into boiling water for a few seconds to loosen skins. Peel, cut in half crosswise and squeeze out seeds. Chop and set aside. Wash and dry chicken; cut into serving pieces, discarding neck, back and wing tips; dredge lightly in flour. Heat olive oil in a large saute pan, and brown chicken lightly on both sides. Add onion and celery and cook for 2 minutes. Add the wine, oregano and tomatoes; season with salt and pepper, cover, and let simmer gently for 30 minutes, turning chicken once. Add the Balsamic vinegar and mushrooms; cook another for 5 to 10 minutes. Check seasoning and serve with hot cooked rice.
- Serves 4.

Chicken with Red Wine Vinegar (Chicken Potacchio)

Yield > 6 Servings

Keys : Chicken Main Dish Poultry Alcoholic Italian Italy European Mediterranean

Ingredients :

3	lb	Frying chicken, cut up
8	tbl	Olive oil
		Salt/pepper
20	x	Garlic cloves, peeled to the last thin skin
1	tbl	Rosemary
1/2	cup	Red wine vinegar

Method :

- In a heavy fry pan with a tight cover, heat olive oil. Add chicken and salt and pepper. Cook chicken quickly to a nice golden brown, stirring often.
- Add garlic, rosemary, and vinegar. Lower heat, cover, and let cook gently for 15-20 minutes. When chicken is fork tender, remove cover, turn up heat to reduce liquid in pan, stirring chicken often to coat well with pan juices. Usually served with crescia and sauteed escarole.

Chickpeas with Swiss Chard (Inzimino Di Ceci)

Yield > 6

Keys : Italian Italy European Mediterranean Swiss Switzerland

Ingredients :

175	gm	dried chickpeas soaked overnight

Method :

- Soak the chickpeas in a generous amount of water overnight with the bicarbonate of soda.
- Drain the chickpeas and place in a saucepan with water to cover add the garlic and 1 tablespoon of the olive oil.

1	lrg	clv garlic peeled
6	tbl	olive oil
900	gm	swiss chard leaves washed with large stems removed
		sea salt and freshly ground black pepper
1	med	red onion peeled and coarsely chopped
2	med	carrots peeled and cut into small pieces
2	x	dried chillies crumbled
250	ml	white wine
2	tbl	tomato sauce (qv)
3	x	handfuls flat leaf parsley
2	tbl	lemon juice
		extra virgin olive oil

- Bring to the boil then simmer for 45 minutes or until tender.
- Keen in their liquid until ready to use.
- Blanch the chard and chop coarsely.
- Heat the remaining olive oil in a large pan over medium heat add the onion and carrot and cook slowly for 15 minutes or until the carrots are tender.
- Season with salt pepper and the chilli.
- Pour in the wine and reduce almost completely.
- Add the tomato sauce and reduce until very thick.
- Add the chard and chickpeas and mix.
- Season and cook for lo minutes.
- Chop two thirds of the parsley leaves and add to the mixture with the lemon juice.
- Serve sprinkled with the whole parsley leaves and a little extra virgin olive oil.
- Serves 6

Chile Tuna Sea Shells

Yield > 4

Keys : Pasta Fish Seafood Italian Italy European Mediterranean Mexican Mexico Mex Central American

Ingredients :

6	x	Green chiles, skinned
		Seeds removed chopped
2	tbl	Prepared chile sauce
1	can	White tuna drained and
		Flaked
1/4	cup	Mayonnaise
2	tsp	Prepared horseradish sauce
4	x	Green onions chopped
1/4	cup	Green olives sliced
1/2	lb	Sea shell macaroni
1	x	Avocado, peeled pit
		Removed chopped
2	sprg	cilantro chopped

Method :

- Cook the macaroni in 4 quarts of salted water until just done but still firm. Drain and rinse in cold water. Combine all the ingredients, except the avocado and cilantro, and allow to sit for 2 hours to blend the flavors. Garnish with the avocado and cilantro and serve.

Chili Pepper Pizza



Yield > 4 Servings

Keys : Pork Cheese Eggs Pizza Meats Italian Italy European Mediterranean Hot

Ingredients :

3	tbl	Olive oil
1	x	Onion, cut in 1/4s, sliced
1	x	Garlic clove, crushed
1	can	Tomatoes (8 oz)
1	tbl	Tomato paste
1/2	tsp	Dried oregano
1	cup	All-purpose flour
1	cup	Whole-wheat flour
1/4	tsp	Salt
1	tsp	Active dried yeast
2/3	cup	Warm water (125'F./52.5'C.)
1	can	Green chilies (3.5 oz)
6	oz	Mozzarella cheese, chopped
2	oz	Pepperoni stick, sliced
8	x	Ripe or green olives
		Tomato roses (opt)
		Fresh parsley sprigs (opt)

Method :

- Lightly grease a 10" pizza pan. Heat 2 tablespoon of oil in a saucepan. Add onion, garlic, tomato paste, tomatoes with juice and oregano. Stir well to break up tomatoes, then simmer, uncovered, 10-15 minutes or until well thickened; cool. Preheat oven to 375'F. (190'C.). Put flours, salt and yeast in a bowl and mix well. Add water and mix to form a dough. Knead well, then roll to a 10" circle. Line greased pizza pan with dough.
- Brush surface of dough with a little of remaining oil and cover with tomato mixture. Drain and chop chilies and sprinkle on top. Sprinkle with cheese and drizzle with remaining oil. Bake in preheated oven 25 minutes. Top pizza with pepperoni and olives and bake 10 minutes. Cut in wedges. Garnish with tomato roses and parsley sprigs, if desired, and serve hot.

Chinese Chicken Pasta Salad



Yield > 4

Keys : Poultry Pasta Italian Italy European Mediterranean Chinese China Asian Oriental

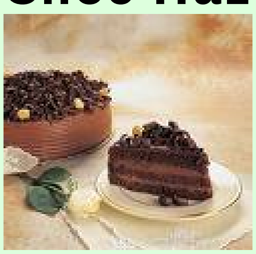
Ingredients :

2	cup	shredded cooked chicken breast boned, (1 pound)
2	cup	cooked radiatore
		(short fat rippled pasta)
		cooked without salt or fat
1 1/2	cup	diagonally sliced fresh snow peas, (1/2-inch)
1/2	cup	diced red bell pepper
1/4	cup	sliced green onions
8	oz	sliced water chestnuts, (1 can) drained
1/3	cup	plain low-fat yogurt
2 1/2	tbl	low-sodium soy sauce
2	tbl	reduced-calorie mayonnaise
1/4	tsp	pepper
1/8	tsp	ground ginger
1	tbl	slivered almonds, toasted
2	tsp	slivered almonds, toasted

Method :

- Combine first 6 ingredients in a large bowl; toss gently, and set aside.
- Combine yogurt and next 4 ingredients in a bowl; stir well. Add to chicken mixture; toss gently to coat. Sprinkle with toasted slivered almonds.
- Yield: 4 servings (serving size: 1-1/2 cups).

Choc Hazelnut Mascarpone Torte



Yield > 8

Keys : Nuts Cheese Italian Italy European Mediterranean

Ingredients :

CHOCOLATE BUTTER CAKE		
2	cup	cake flour
3/4	cup	unsweetened alkalized, cocoa powder
1 1/4	tsp	baking soda
1/2	tsp	salt
12	tbl	unsalted butter, softened
1	cup	granulated sugar

Method :

- Note: Position a rack in the center of the oven and preheat to 350F. Spread the hazelnuts on a baking sheet and toast for 12 to 15 minutes, or until golden beneath the skins. Wrap the nuts in a clean towel and cool completely.
- Transfer the cooled hazelnuts to a large sieve and rub them back and forth to remove the loose skins. Make the chocolate butter cake: Position a rack in the center of the oven and preheat to 375 F.
- Line the bottom of a 17 1/2-by-11 1/2-inch jelly roll pan with parchment or waxed paper. Lightly spray the bottom and sides of the pan with nonstick cooking spray. In a medium bowl, whisk together the flour, cocoa powder, baking soda and salt. Sift the flour mixture onto a piece of waxed paper and set

3/4	cup	packed light brown sugar
2	lrg	eggs, at room temperature
1	tbl	vanilla extract
1 1/3	cup	strongly brewed coffee, at room temperature
		*CARAMELIZED HAZELNUTS AND, HAZELNUT PRALINE***
1/2	cup	granulated sugar
1/4	cup	water
12	x	perfect hazelnuts, toasted
FRAMBOISE SYRUP		
1/4	cup	water
2	tbl	granulated sugar
1	tbl	framboise liqueur
1	tsp	vanilla extract
MASCARPONE CREAM FILLING		
2	cup	mascarpone cheese, (italian, cream cheese)
3/4	cup	granulated sugar
1/4	cup	framboise liqueur
1 1/2	cup	heavy cream
ASSEMBLY		
5	cup	fresh raspberries
CHOCOLATE GLAZE		
8	oz	bittersweet chocolate, finely chopped
1	cup	heavy cream
1	tbl	light corn syrup

aside. In a 4 1/2-quart bowl of a heavy-duty electric mixer using the paddle attachment, beat the butter at medium-high speed for 1 minute, until creamy. While continuing to beat the butter, gradually add the granulated and brown sugars, stopping the machine and scraping down the side of the bowl as necessary. Beat the butter/sugar mixture at medium-high speed for 2 minutes, until smooth. Beat in the eggs, one at a time, and the vanilla.

- Reduce the speed to low and alternately add one-third of the reserved dry ingredients and one-third of the coffee. In two more batches, alternately add the remaining dry ingredients and coffee, scraping down the bowl as necessary.
- Scrape the batter into the prepared pan and, using a metal cake spatula, smooth the batter evenly into the pan. Bake the cake for 25 to 28 minutes, until the sides just begin to pull away from the pan and the surface springs back when lightly touched. Cool the cake in the pan set on a wire rack for 10 minutes. Invert the cake onto a wire rack; carefully peel off the parchment paper and allow the cake to cool completely.
- Make the caramelized hazelnuts and hazelnut praline: Lightly spray a baking sheet with nonstick cooking spray. In a small saucepan, combine the sugar and water. Cook over medium heat, stirring constantly, until the sugar dissolves.
- Increase the heat to medium-high and continue to cook without stirring for 4 to 6 minutes until the syrup caramelizes. Immediately remove the pan from the heat. Add the 12 perfect hazelnuts to the caramel and toss to coat. With an oiled fork, remove each hazelnut, letting the excess caramel drip back into the pan, and place them at one end of the prepared baking sheet. Quickly stir the 3/4 cup of hazelnuts into the remaining hot caramel. Pour the hazelnut praline onto the other end of the baking sheet. Cool the praline for 30 minutes until hard. Reserve the individual caramelized hazelnuts for decorating the cake. Coarsely chop the praline. In a food processor fitted with the metal chopping blade, process the praline for 35 to 45 seconds until finely ground. Transfer the praline to a bowl and set aside. Make the framboise syrup: In a small saucepan, combine the water and sugar. Cook over medium heat, stirring constantly with a wooden spoon until the sugar dissolves . Stop stirring; raise the heat to medium-high and bring the syrup to a boil. Remove the pan from the heat and stir in the framboise liqueur and vanilla.
- Make the mascarpone cream filling: In a 4 1/2-quart bowl of a heavy-duty electric mixer using the wire whip attachment, beat together the mascarpone cheese, sugar and framboise liqueur at medium speed until combined, about 1 minute. While continuing to beat the mixture, gradually add the heavy cream; increase the speed to medium-high and beat the mascarpone mixture until soft peaks form and the mixture is spreadable. Cover and refrigerate the cream
- continued in part 2

Chocolate Amaretto Cheesecake



Yield > 12

Keys : Cakes Desserts Chocolate Alcoholic Cheesecake Italian Italy European Mediterranean

Ingredients :

1 1/2	cup	chocolate wafer crumbs
1/3	cup	heavy cream
1	cup	blanched almonds, lightly
1/2	cup	Amaretto
1	x	toasted and chopped
2	tsp	vanilla
1/3	cup	sugar
4	x	eggs
6	tsp	butter, softened
2	cup	sour cream
24	oz	cream cheese, softened
1	tsp	sugar
1	cup	sugar
1	cup	blanched almonds, lightly
1	x	toasted and chopped

GARNISH-+ Preheat oven to 375. Combine crumbs,

Method :

- Almonds, sugar and butter. Pat mixtur on bottom and sides of a 10 inch springform pan. cream together the cream cheese, sugar, heavy cream, liqueur, and 1 t vanilla. Beat in eggs, 1 at a beating well after each addition. Beat mixture until light. Pour into cru lined pan. Bake in middle of oven for 1 1/2 hours or until top of cake cra and knife inserted in middle comes out clean. Let stand on rack 5 minutes.
- Combine sour cream, 1 t vanilla, and sugar. Mix well and spread evenly ove cake. Bake for 5 more minutes.
- Place on rack and let cool completely. cove lightly with wax paper and let chill overnight. When ready to serve, remov sides from pan and garnish with toasted almonds around outer edge and on to of cake.
- Hope this fills the bill.

Chocolate Dessert Pasta



Yield > 4 Servings

Keys : Pasta Low Calorie Fat Free Diet Chocolate Italian Italy European Mediterranean Warm

Ingredients :

In Mixing Bin:		
1	cup	Flour -- popeils measuring
		Cup, or
1/4	cup	Cocoa -- standard measure
1/2	cup	Sugar -- standard measure
1/2	tsp	Salt -- standard measure
LIQUID		
1	tbl	Vanilla -- standard measure
1/4	tsp	Salt -- standard measure

Method :

- NOTE: One Popeils measuring cup is equivalent to 1 2/3 C standard measurement. Pasta: Angel Hair, Spaghetti, Fettuccine, Vermicelli or Linguine. Before starting, gently coat kneading screw with olive or vegetable oil to prevent the machine from "squeaking" when mixing the cocoa. Add the liquid ingredients to Pasta Measuring Cup. Fill to "Half Load" linewith water or chocolate syrup. Place dry ingredients in mixing bin. Turn machine on MIX. Gradually add liquid. Mix about one min until dough is uniform. If too wet, add flourthrough top grate by Tablespoonful.
- If tood dry, add water or chocolate syrup thr liquid slot by teaspoonful.
- Extrude and cook 1 - 2 min. Serve warm and top with any combination of the following: Chocolate Syrup Fresh Strawberries and Cream Coconut Raspberry Syrup Marshmallow Cream Chopped Nuts

Chocolate Oblivion



Yield >	10

Keys : Italian Italy European Mediterranean

Ingredients :

675	gm	best quality bitter chocolate broken into piec
350	gm	unsalted cold butter cut into cubes
9	x	eggs

Method :

- Preheat the oven to 220C/425F/Gas 7. Butter a 30 x 5cm cake tin and line it with greaseproof paper.
- Melt the chocolate and butter together in a bowl over a pan of hot water until smooth.
- The bottom of the bowl should not be in con. \'10 \'08 \'08NOTESFO& `CHANGEO& "i `COLLEGE
- Disk Boot failure
- Allow the cake to cool it will continue to set as it does so then turn out on to a plate.
- This cake has no sugar
- Serves 10

Cinnamon-Raisin Biscotti



Yield > 1

Keys : Spices Cookies Italian Italy European Mediterranean

Ingredients :

6	x	eggwhites
1	tbl	vanilla
1	cup	sugar
2	cup	flour
2	tsp	cinnamon
1 / 2	tsp	baking soda
1	tsp	baking powder
1 / 4	tsp	salt
3 / 4	cup	raisins

Method :

- Variations: for Almond-Cocoa Biscotti: (omit cinnamon and raisins) add 3/4cup slivered, toasted almonds, 2t almond extract and 1/3 cup cocoa for Orange-Pistascio Biscotti: (omit cinnamon and raisins) add 3/4cup toasted pistaccio nuts, 1T orange zest, 2T orange juice conc (the frozen stuff), and you may need a little extra flour.
- Beat egg whites and extracts (and orange juice, if using) together well.
- Combine all the dry ingred. and add to the egg and mix well. Fold in the raisins or nuts. The dough should be firm, but not too stiff. You may need to add as much as 1/4cup more flour if your egg whites were large or you are using the orange juice.
- Divide the dough in half and shape each into a 'log' about 2" wide and 10"long. Place each on a greased cookie sheet and bake in a preheated oven at 325F for 25-30 minutes They should be firm to the touch, but not too brown.
- Remove from the oven and turn down the temp to 250F.
- Slice each olg into 20-24 pieces and pl ace upright (if you can balance them!) on the cookie sheets. Return to the oven for about 30-40 minutes The thicker the slices, the longer it takes, but they should not brown too much more. Cool them COMPLETELY before storing them in an airtight container.
- The cinnamon/raisin ones have only a trace of fat per cookie and the ones with nuts have 1.5g fat per cookie.

- These are VERY crunchie and you really do need some tea or a nice skim capiccino to dunk them in!

Cioppino

Yield > 4

Keys : Fish Seafood Soups Stews Low Calorie Fat Free Diet Italian Italy European Mediterranean

Ingredients :

2	tbl	olive oil
1	lrg	onion chopped
4	x	cloves garlic minced
1	lrg	red bell pepper
1	lb	canned tomatoes broken up
8	oz	tomato paste
2	cup	red wine
1	x	bay leaf
1 / 3	cup	parsley chopped
1 / 4	cup	fresh basil minced
3	tbl	fresh oregano minced
12	sm	clams in shell
1	lb	shrimp shelled and deveined
2	lrg	crab cleaned and cracked
1 / 2	lb	cod fillet cubed

Method :

- In a 6-to-8 quart pan, heat oil and add garlic, onions, bell pepper and parsley over medium heat until onion is soft (about 5 minutes). Stir in tomatoes and their liquid, tomato paste, wine, bay leaf, basil and oregano.
- Bring to a boil. Reduce heat, cover and simmer for 20 minutes.
- Add clams, fish, shrimp and crabs. Cover and simmer until clams pop open and shrimp are opaque when cut (about 20 more minutes). Serve with a crusty sourdough.

Citrus Pork Skillet



Yield > 4

Keys : Meats Pork Pasta Italian Italy European Mediterranean

Ingredients :

1	tsp	ground cumin
1 / 2	tsp	salt
1 / 2	tsp	pepper

Method :

- Pork; toss to coat. In large skillet heat corn oil over medium-high heat. Add pork and garlic; sautee2 minutes or until browned.
- In small bowl blend broth, orange juice, vinegar and brown sugar. Reserve 1/4 cup broth mixture. Pour remaining broth mixture into skillet. Add carrots; bring to boil. Reduce heat to medium; cook 7-8 minutes. Blend corn starch into

8	oz	boneless pork loin, cut into 2x1/2" strips
1	tbl	corn oil
2	cl	garlic, minced
1	cup	chicken broth
1/2	cup	orange juice
2	tbl	cider vinegar
1/2	tbl	brown sugar
2	med	carrots, sliced
2	tbl	corn starach
1/2	cup	sliced green onions
1	x	6 oz wide egg noodles
		(about 4 cups) cooked

reserved broth mixture. Stirring constantly, pour into skillet. Add green onions. Bring to boil; boil 1 minute. Toss with egg noodles.

- Makes 4 servings.

Cold Zabaglione



Yield > 6 Servings

Keys : Desserts Italian Italy European Mediterranean Chilled

Ingredients :

6	x	Egg yolks
3/4	cup	Sugar
1	cup	Marsala
1/2	x	Lemon, grated rind of
1	tsp	Cinnamon
3	dsh	Vanilla extract, more or less
1	cup	Heavy cream

Method :

- Zabaglione is a wonderful Italian sweet dish! The classic preparation always involves Marsala, a red wine. It is eaten warm in the Italian countryside for breakfast (more simple preparation) or served chilled for dessert, which is generally how it is seen in America. Here is a copy of a dessert preparation from Claudia Roden's 1990 book, "The Good Food of Italy, Region by Region." She got this recipe from the Ristorante 12 Apostoli in Verona, in the Venice area.
- Put all of the ingredients except the cream in the top of a double broiler or in a bowl placed in a pan of boiling water and beat vigorously until the mixture is frothy. Then put directly on the heat and beat constantly until the mixture is thick and creamy. Take off the heat and let cool. Beat the cream until stiff and fold into the egg mixture. Pour into a bowl or wineglasses and serve chilled with cookies.
- There are many variations of this. As you mentioned, the restaurant in which you ate used amaretto and strawberries.
- /DESSERTS

Conchiglie Tutto Giardino

Yield >	1

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

1 1/2	cup	Carrots sliced
1	cup	Chopped Onion
1	x	Red Onion chopped
7	x	Tomatoes sliced
3	cup	Zucchini sliced
1	x	Bell Pepper
1 1/2	cup	White Wine
2	tbl	Basil
3	x	Cloves Garlic
1	dsh	Salt
1	dsh	Pepper
1	dsh	Sugar
1	tbl	Flour
6	oz	Tomato Paste
1/2	cup	Parmesan Cheese
1	cup	Light Cream (or half and half)
1 1/2	lb	Shell Pasta

Method :

- Sautee carrots, onions, parsley, basil, garlic for about 15 min. Cover and simmer for 15 more min. Add tomatoes, zucchini, bell pepper, wine, salt, pepper, sugar. Simmer 45 min. In separate pan, melt 1 Tablespoon butter, add flour. Cook roux over very low heat, whisk in heated cream.
- Add tomato paste, whisk until mixture is very smooth. Stir into vegetables along with Parmesan. Toss mixture with cooked pasta.

Condimento Ai Funghi (Wild Mushroom Topping)



Yield >	10 Servings

Keys : Salads Ethnic Vegetarian Italian Italy European Mediterranean

Ingredients :

1	oz	Dried porcini mushrooms
1	lb	Fresh cremini or portobello mushrooms
1	lb	Ripe tomatoes, peeled, seeded & finely chopped

Method :

- Soak the porcini mushrooms in 1 1/2 c of warm water for at least 30 minutes. Drain in a sieve lined with cheesecloth, reserving the liquid for use elsewhere. Squeeze the porcini & wash in fresh water.
- Cut into very fine pieces.
- Clean fresh mushrooms with a damp cloth & dice them. Place in a medium- sized bowl. Add the porcini, tomatoes,

1 1/2	tsp	Rosemary, minced
8	x	Sage leaves, chopped
2	x	Garlic cloves, finely minced
		Black pepper
		Juice of 1 lemon
1/4	cup	Olive oil
1 1/4	tsp	Salt

rosemary, sage, garlic & pepper. Mix together well. Toss with the lemon juice & oil.

- Cover & leave for 24 hours.
- Just before serving, add the salt. If it seems to be too moist, then drain off the extra moisture.
- Use as an appetizer salad or as a topping fro grilled bread. Or omit, the lemon & use as a pasta sauce.

Coniglio Alla Cassia



Yield > 4

Keys : Meats Italian Italy European Mediterranean Italian

Ingredients :

3	lb	rabbit with liver
3	tbl	olive oil
2	tbl	butter, melted
2	oz	salt pork, diced
1/3	lb	onions, peeled and diced
2	x	garlic cloves, mashed
2	x	bay leaves, crumbled
1/4	tsp	black pepper
6	tbl	dry red wine
1	lrg	ripe tomato or
1/2	cup	canned peeled plum tomatoes, chopped
3/4	cup	, hot water
		salt, (optional)

Method :

- Cut the rabbit into 6 pieces. Wash and dry the rabbit well. Chop the liver into very small pieces. Combine olive oil, butter and salt pork in a saucepan; heat. Add onions and cook, to medium brown. Add rabit pieces and brown for 10 minutes. Add garlic, bay leaves, black pepper, and chopped liver. Stir and cook for 10 minutes. Add wine, stir, cover and cook for 5 minutes. Uncover.
- Add the tomato and the hot water, stir, and cook slowly for about 1 hour. Test for doneness, do not overcook. Carefully taste for salt (optional) and if needed add just a little at this point. When rabbit is cooked, cover and keep warm until serving time. This dish goes well with any pasta. Spoon the sauce over both rabbit and pasta.

Corny Polenta

Yield > 6

Keys : Grains Cereals Vegan Vegetarian Pasta Beans Peas Low Fat Main Italian Italy European Mediterranean

Ingredients :

1	qt	Nonfat Veg Chicken Broth, Low Sod Or
		Nonfat Vegetable Broth

Method :

- Put the broth and salt into a large enough pot and bring to a boil. Let it boil for 2 min then remove it from the flame, pour all the polenta in, then stir to incorporate, put it back on the flame on med and stir constantly for 5 - 6 minutes. About 1 minute before the end of the cooking time add the corn.

1 / 4	tsp	Salt
31	oz	Low Sodium Canned Corn Or
		Frozen Corn
1	cup	Instant Polenta

- This was extremely good!! I would make this again.

Country Chicken

Yield > 4

Keys : Poultry Italian Italy European Mediterranean

Ingredients :

2	tbl	olive oil
4	x	chicken breast halves
2	x	Italian sausage, turkey meat
2	x	garlic cloves
1	x	red pepper
1	x	green pepper
1	x	onion
4	oz	mushrooms
14 1 / 2	oz	Italian tomatoes, stewed

Method :

- Cut chicken into 2 inch cubes, finely chop garlic, cut red pepper into 2 inch cubes, cut green pepper into 2 inch cubes, thinly slice onion and mushrooms.
- Heat 1 tablespoon oil in large nonstick skillet over medium heat. Add chicken, sausage and garlic, cook 10 minutes. Remove from heat. Cut sausage into 1 inch pieces. Remove all from pan, drain. Add remaining oil to pan, add peppers, onion and mushrooms, sautee5 minutes or until tender. Add tomatoes and their liquid, breaking up tomatoes with spoon. Return chicken and sausage to pan, cover and cook 5 minutes, or until cooked through. Serve with lemon-orzo pilaf.

Courgette Ciambotta

Yield > 6

Keys : Soups Stews Italian Italy European Mediterranean Hot Room

Ingredients :

2	x	onions
4	x	plum tomatoes
3	sm	courgette - (to medium)
2	x	baking potatoes peeled
3	tbl	olive oil
1	x	garlic clove minced
		Salt to taste
		Freshly-ground black pepper to taste
2	tbl	chopped fresh basil

Method :

- Cut the onions, tomatoes, courgette and potatoes into 1-inch cubes.
- In a large saucepan, cook the onions in the oil over medium heat until tender, about 5 to 8 minutes. Stir in the garlic and cook 1 minute more. Add the tomatoes, courgette and potatoes and salt and pepper to taste. Cover and cook, stirring occasionally, until the potatoes are very tender, 30 minutes. Add a little water if the mixture seems dry.
- When the ciambotta is done, remove it from the heat and stir in the basil. Serve hot or at room temperature.
- This recipe yields 4 to 6 servings.
- Comments: Ciambotta is a member of that hard-to-define category of Italian foods known as minestre, generally somewhere between a thick soup and a stew. It is related to the French ratatouille, typically made with eggplant, onions and tomatoes, and the Sicilian caponata, made with more or less the same vegetables, plus celery and olives. In southern Italy, ciambotta (pronounced chahm-BOHT-tah) may also be spelled giambotta or cianfotta, depending on the region.
- This recipe works great with any summer squash. We used to make it with one we called cucuzza, a pale green squash.

Courgette Lasagne



Yield > 4 Servings

Keys : Main Dish Casseroles Italian Italy European Mediterranean

Ingredients :

4	lrg	Courgette
2	tbl	Olive oil
2	cl	Garlic
1 / 2	cup	Chopped onion
1 / 2	lb	Ground beef
1	lb	Can tomatoes
6	oz	Can tomato paste
4	oz	Can sliced mushrooms
3 / 4	cup	Dry red wine
1 1 / 2	tsp	Oregano
1 / 4	tsp	Thyme
1 / 2	tsp	Basil
		Salt and pepper
8	oz	Mozzarella cheese, thinly sliced
8	oz	Ricotta cheese, crumbled

Method :

- Cut courgette into strips 1/4 inch thick. Heat oil; add garlic and onion and cook until vegetables are tender but not browned. Add meat and brown, stirring to keep meat crumbly. Add tomatoes, tomato paste, mushrooms, wine, oregano, thyme, basil and salt and pepper to taste. Simmer uncovered 1-1/2 hours. Place half of the courgette strips in an oiled shallow casserole.
- Top with half of the Mozzarella and Ricotta cheeses. Add half the meat sauce. Repeat layers. Top with Parmesan cheese. Bake at 350 degrees for 40 minutes.

1/2	cup	Grated Parmesan cheese

Courgette Ripiene

Yield > 4 Servings

Keys : Vegetable Italian Italy European Mediterranean Hot Cold

Ingredients :

4	x	Courgette
		Salt
		Pepper
1/2	cup	Olive oil
1	lrg	White onion chopped fine
1	cup	Breadcrumbs
1/2	cup	Cooked (al dente) rice
2	x	Eggs
4	tsp	Parmesan cheese
		Tomato sauce

Method :

- 1. Cut each courgette in half lengthwise and remove (lightly) the seeds.
- Season with salt & pepper to taste & bake for 5 min. at 500F. Remove the courgette and let cool.
- 2. Place the olive oil, chopped onion and courgette in a frying pan & fry until a golden color is reached. Stir in the breadcrumbs and rice and let cool for 5 min. Add a mixture of the eggs & Parmesan cheese. Place the entire mixture in a pastry bag & squeeze over the courgette. Cover with plain tomato sauce sprinkled with Parmesan cheese. Serve hot or cold.
- TRATTORIA ROMA
- WINE: ALBANA DI ROMAGNA

Crab Tortelloni with Scallions and Poppy Seeds



Yield > 4

Keys : Crab Main Dish Pasta Shellfish Seafood Italian Italy European Mediterranean

Ingredients :

1	lb	Fresh crab meat
4	x	Scallions thinly sliced, plus
4	x	Scallions
1/4	cup	Basic Tomato Sauce see * Note
1	x	recipe Basic Fresh Egg Pasta see * Note,
		rolled out to thinnest setting
6	tbl	Butter

Method :

- Bring 6 quarts water to boil and add 2 tablespoons salt.
- In a mixing bowl, stir together crab, scallions and Basic Tomato Sauce until well blended. Cut Basic Fresh Egg Pasta into 4-inch squares and place 1 tablespoon filling in center. Fold into triangles, exude air and seal edges. Bring points of long side together to form a ring (or a hat!!) and seal with pressure between fingers. Place tortelloni in water and boil for 8 to 10 minutes.
- Meanwhile, melt butter with poppy seeds. Drain cooked tortelloni carefully and gently place in pan. Add remaining scallions and toss to coat. Serve immediately.
- This recipe yields 4 servings.

1	tbl	Poppy seeds

Crawfish Fettuccine



Yield > 9

Keys : Seafood Pasta Italian Italy European Mediterranean

Ingredients :

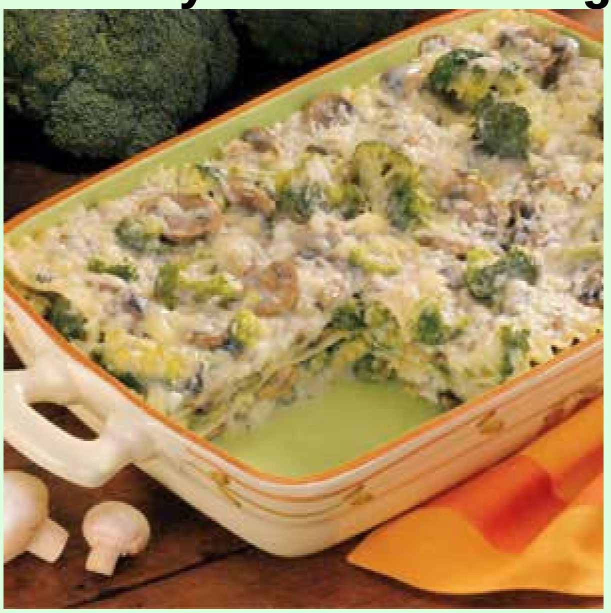
1/4	cup	reduced-calorie stick margarine
1 3/4	cup	chopped onion
1 1/2	cup	chopped red bell pepper
1 1/2	cup	chopped green bell pepper
1	cup	chopped green onions
4	x	cloves garlic, minced
1/4	cup	all-purpose flour
1 1/2	cup	skim milk
1/2	lb	light pasteurized process cheese, cubed
		(such as velveeta light)
1 1/2	lb	cooked peeled crawfish,

Method :

- Melt margarine in a Dutch oven over medium-high heat. Add onion and next 4 ingredients; sautee5 minutes. Stir in flour; gradually add milk, stirring with a whisk. Add cheese, stirring until cheese melts. Stir in crawfish and next 3 ingredients; cook until heated. Add pasta, and toss well.
- Yield: 9 servings
- (serving size: 1-1/2 cups).

1	tbl	72%-less-sodium Worcestershire sauce
1/4	tsp	black pepper
1/4	tsp	ground red pepper
9	cup	hot cooked fettuccine, (1 pound uncooked)
		fresh parsley sprigs, (optional)
		fresh crawfish, (optional)

Creamy Broccoli Lasagna



Yield > 6

Keys : Pasta Cheese Eggs Italian Italy European Mediterranean

Ingredients :

9	x	lasagna noodles, uncooked
1/4	cup	margarine
1/4	cup	onion, chopped
1/4	cup	flour
2	tsp	instant chicken bouillon
1	tbl	garlic salt
1/4	tbl	pepper
2 1/2	cup	milk
1	x	12 oz carton cottage cheese creamed

Method :

- Cook lasagna noodles to desired oneness as directed on package. Drain, rinse with hot water. Heat oven to 350F. melt margarine in 4 quart saucepan. Add onion, cook until tender. Stir in flour, bouillon, garlic salt and pepper.
- Cook until mixture is smooth and bubbly, stirring constantly. Gradually add milk, cooking until mixture boils and thickens, stirring constantly. Stir in cottage cheese, broccoli and mushrooms. In ungreased 13 x9x2 baking dish, layer 1/3 of the noodles, 1/3 of the sauce about 2 cups, 1/3 of the Swiss cheese; repeat layers twice. Bake at 350F for 25 to 35 min or until thoroughly heated. Let stand 15 min before serving.

6	cup	broccoli florets, cooked drained
2	jar	mushrooms, sliced drained
12	oz	swiss cheese, shredded



Creamy Italian Chicken

Yield > 1

Keys : Poultry Italian Italy European Mediterranean

Ingredients :

4	x	-6 Boneless, Skinless Chicken Breast
1	env	Italian Salad Dressing Mix (dry in a package) OR Grill Mates Zesty
		Herb Marinade, also a dry mix
1/2	cup	Water
1	can	Cream of Chicken Soup
1	x	(8 oz.) Block Cream Cheese
1	x	(8 oz.) Jar Mushrooms

Method :

- Put chicken in bottom of crock pot. Combine water and dry mix. Pour over chicken and cook on low for 3-4 hours. Beat Cream cheese and cream chicken soup until well blended. Stir in mushrooms. Pour over chicken and stir.
- Cook 1 hour more. Serve over rice or pasta.

Creamy Italian Herb Dressing

Yield > 4 Servings

Keys : Salads Herbs Italian Italy European Mediterranean

Ingredients :

1/4	cup	Nonfat plain yogurt
1/4	cup	Nonfat mayonnaise
1/4	cup	Skim milk
1/2	tsp	Dried Italian seasoning
1/4	tsp	Garlic powder

Method :

- In a small bowl, stir together the yogurt, mayonnaise, milk, Italian seasoning and garlic powder. To store, cover tightly and refrigerate for up to 1 week.
- Notes:
  Makes: 1/2 cup or 4 servings Per 2 tablespoons: Calories: 26 ;Fat:

Creamy Light Fettuccine Alfredo



Yield > 1

Keys : Pasta Low Calorie Fat Free Diet Italian Italy European Mediterranean

Ingredients :

12	oz	dry fettuccine
2	cup	soy milk
4	x	cloves garlic, minced
6	tbl	grated soy cheese
1 / 4	x	chopped fresh parsley
		freshly ground black pepper
2	cup	chopped and steamed

VEG OF CHOICE SUCH AS carrots, broccoli, peas, etc.

Method :

- Cook pasta, drain. Place pasta in a large nonstick sauteepan along with milk and garlic. Bring to a simmer, stirring frequently. Add cheese. Continue cooking until cheese melts and sauce thickens. Stir in parsley and black pepper. Add steamed veg. toss gently and serve.
- Makes 4 servings.

Creole Chick Peas with Pasta



Yield >	4

Keys : Main Dish Pasta Italian Italy European Mediterranean

Ingredients :

12	oz	Corkscrews or wagon wheels
1/4	cup	Olive oil
1/4	cup	Chopped onion
1/4	cup	Chopped green bell pepper
1/4	cup	Chopped scallion
1	tbl	Minced fresh garlic
1	can	Plum tomatoes - (28 oz) chopped,
		juices reserved
1	cup	Chicken broth - (to 2 cups)
1	pkt	Frozen corn - (10 oz) thawed
1	can	Chick peas - (16 oz) drained, rinsed
1/2	tsp	Thyme
1	whl	Bay leaf
1/8	tsp	Cayenne pepper - (to 1/4 tspn)
2	tbl	Parsley for garnish
		Salt to taste
		Freshly-ground black pepper to taste

Method :

- Bring some salted water to a boil, add the pasta and cook until done, about 10 minutes or according to package directions.
- In a large saucepan heat the olive oil. Add the onion, bell pepper and scallion and saute for 3 to 4 minutes or until tender. Stir in the garlic and saute a few seconds, then stir in the tomatoes, broth and corn and simmer 5 minutes. Transfer two portions to another saucepan for the children and keep it warm until ready to serve the pasta. To the remaining portions, add chick peas, thyme, bay leaf and cayenne pepper and simmer until pasta is done. Boil down to thicken sauce or, conversely add more broth if you want it loose. Remove bay leaf before serving.
- When pasta is done transfer half to a warm bowl and top with corn and tomato sauce; transfer other half to another bowl and top with spicy chick pea mix and minced parsley.
- This recipe yields 4 servings.

Crepes with Tuna Sauce



Yield >	6

Keys : Fish Holiday Italian Italy European Mediterranean

Ingredients :

1	can	tuna, 6 1/2 oz, packed in
1	can	anchovies, 2 oz
1	tbl	parsley, italian, fresh, chopped freshly ground black
1/2	cup	flour, unbleached

Method :

- Drain oil form tuna and anchovies and finely chop the fish. Add parsley, salt and pepper to taste, and mix well. Beat the flour with half the water to avoid forming lumps. Add remaining water and mix well. Add eggs, onion salt and 1/4 tsp pepper and beat well. Heat a four inch skillet; brush bottom with oil.
- Pour 2 or 2 1/2 Tbsp of butter in skillet, tilting to spread the crepe evenly.

1 / 2	cup	- cold water
3	x	eggs, slightly beaten
1	tsp	onion salt
		oil

- Cook 3 minutes or until bottom is done but the top is still somewhat moist.
- Place 1 Tbsp of tuna mixture off centre on edges; fold other edge on top; with a fork seal the open semicircular edge. Turn migliaccini onto ungreased baking sheet, as you make them. Then bake in 450F oven for 5 to 6 minutes. SERVES: 6

Crescent Italiano Bake



Yield > 4 to 6.

Keys :

Ingredients :

1	lb	ground beef
1	cup	mushrooms, sliced
1 / 2	cup	onion, chopped
1 / 2	tsp	salt
1 / 2	tsp	pepper
8	oz	can tomato sauce
1	cup	shredded cheddar cheese
8	oz	can crescent rolls
1 / 2	cup	sour cream
1 / 2	tsp	oregano
1 / 4	tsp	rosemary

Method :

- Preheat oven to 350 degrees. Brown ground beef, mushrooms and onions in a frying pan. Drain. Add salt, pepper and tomato sauce. Place in an ungreased 8 x 12 inch baking pan and sprinkle with cheese. Separate the crescent roll dough into 8 triangles. Combine the sour cream and herbs. Spread 1 Tbsp of mixture on each triangle. Roll up starting at wide end. Arrange on top of casserole. Bake at 375 degrees for 25 to 30 minutes or until golden brown.
- Serves 4 to 6.

Crespelle with Mushrooms and Truffle Oil



Yield > 4

Keys : Main Dish Italian Italy European Mediterranean

Ingredients :

1 1/2	cup	All-purpose flour
1	cup	Milk
5	x	Eggs
1/2	tsp	Salt
5	tbl	Unsalted butter divided
FOR THE FILLING		
16	x	Shiitake mushrooms stems removed,
		and cut in half
1	oz	Dried porcini mushrooms soaked in
1	cup	Hot water for 10 minutes
1	med	Spanish onion finely chopped
3	oz	Extra-virgin olive oil
2	oz	White truffle oil
FOR THE SAUCE		
2	cup	Milk
3 1/2	tbl	Unsalted butter
3	tbl	Flour
1	pch	Salt

Method :

- To make crespelle: Put flour in a large mixing bowl and slowly drizzle with milk, stirring constantly to avoid making lumps. Add eggs one at a time beating with a fork until a thin batter is formed. Add salt and let stand 20 minutes. Place a 6-inch non-stick pan over medium-low heat and heat one minute. Add 1 teaspoon of butter to hot pan and tilt to coat pan. Add about 1/3 cup of batter to pan, again tilting and turning to coat pan evenly and cook crepe until it is set on bottom about 30 seconds. Flip with spatula, cook another 30 seconds and remove to plate. Continue cooking crepes until batter is gone, stacking one on top of the other.
- Drain porcini mushrooms reserving the liquid and roughly chop. In a 12-inch saute pan, saute onion in olive oil until light brown over medium heat, approximately 5 to 7 minutes. Add shiitake and porcini and cook until brown and softened over medium heat, approximately 3 to 4 minutes. Add reserved water from the porcini mushrooms and cook until liquid is just moistening the mushrooms. Set aside to cool.
- To make bechamel: Heat the milk over low flame until it is steaming hot but not boiling. While milk is heating, melt the butter in a separate pan, also over low heat until it smells slightly nutty, but has not yet browned. Slowly whisk in the butter mixture into the hot milk until it is incorporated. Continue stirring with whisk until milk thickens to a thin pudding-like consistency. Season with salt and remove from heat.
- Preheat oven to 450 degrees. Butter a baking pan large enough to hold crespelle.
- Assembly: Stir the cooled mushroom mix, the truffle oil and 1/2 of the bechamel together in a mixing bowl until well mixed. Lay the crespelle on the counter and divide the mushroom mix evenly among them, about 2 to 3 tablespoons each. Fold the crespelle into a half-moon and again into a quarter-moon. Lay the crespelle into the buttered baking dish overlapping with the point toward the top and the thinner layers facing down. Dot the top of each crespelle with a scant teaspoon of the bechamel. Bake in oven 15 minutes until the tops are slightly crispy and the bechamel has melted over. Allow to stand 5 minutes outside oven and serve.
- This recipe yields 4 servings.

Crock Pot Italian Beef



Yield > 1

Keys : Crockpot Casserole Beef Main Dish Meats Italian Italy European Mediterranean

Ingredients :

4	lb	pot roast of beef - (to 5 lbs)
3	cup	water
1	tsp	salt
1	tsp	freshly-ground black pepper
1	tsp	oregano
1	tsp	onion salt
1	tsp	garlic salt
1	tsp	basil
1	pkt	Good Season salad dressing mix
1	x	onion (optional)

Method :

- Pour ingredients over beef and cook on LOW all day in a crock pot. Shred beef and return to broth for 15 minutes.
- Serve on buns or over French bread.

Crockpot Hunter's Chicken

Yield > 2

Keys : Crockpot Casserole Poultry Food Italian Italy European Mediterranean

Ingredients :

1	tbl	oil
1	x	bell peppers sliced
1	x	onions sliced
1	x	garlic cloves crushed
1	x	chicken
1	tsp	oregano leaves
1/2	tsp	basil leaves
1/2	tsp	thyme leaves
1/4	tsp	paprika

Method :

- * Sliced fresh mushrooms are best, although you can use canned.
- Brown bell pepper, onion, and garlic in oil in skillet. Also brown mushrooms, if using fresh. Place whole chicken in crockpot; add seasonings and vegetables, topping with vegetables from skillet. Add wine.
- Cook until done. Remove chicken to warmed platter (in 200-degree oven). Add water to cornstarch and salt and stir to a paste, then add to crockpot mixture and cook until slightly thickened and bubbly.
- Spoon sauce over chicken.

8	oz	tomatoes
1/2	cup	wine red
3	tbl	cornstarch
1	tsp	garlic salt

Crostini All'aglio Mozzarella



Yield > 6 Servings

Keys : Breads Cheese Italian Italy European Mediterranean

Ingredients :

12	slc	Italian bread, thick
3	x	Cloves garlic, finely crushed
2	cup	Diced whole-milk Mozzarella (about 1 lb.=2 cups)
1	cup	Good quality Italian olive oil
1/2	cup	Unsalted butter, room temp.
1/2	cup	Chopped fresh basil leaves
2	tsp	Tomato paste
		Salt and pepper

Method :

- 1. Preheat oven to 425 F. Lay the bread slices on large baking sheets.
- 2. Place the garlic in a deep bowl and add the cheese, olive oil, butter, basil, tomato paste, and the salt and pepper to taste.
- 3. Mix well together, then spread over each slice of bread. Place the bread slices in the hot oven and bake until the cheese melts. Serve at once.
- CANTINI D'ITALIA
- BEV: GATTINARA

Crusty Fettucine (Pharoah's Wheel)



Yield > 1 Servings

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

		Pasta, homemade with 4 eggs and 2 1/2 to 3 cups flour
6	qt	-Water

Method :

- *Anne's note: Butter or margarine may be substituted for the chicken fat as it is used to grease a dish.
- Roll out the dough not too thin and fold as you would for a jelly roll, 2 1/2" wide. Cut 1/6" wide slices and toss to unfold noodles.

3	tbl	-Salt
3	cup	Meat Sauce (see recipe)
1/2	cup	Beef salami, diced -OR-
pickled tongue, diced -OR beef sausage		
1/4	cup	Chicken fat, or bone marrow*
1/2	cup	Raisins,dark, seedless (opt)
1/2	cup	Almonds,whole (opt)
1/2	cup	Pine nuts, (opt)

- Bring 6 quarts of water to a boil. Add tagliolini and salt; when boiling resumes, cook 1 minute.
- Drain, and place in a large bowl with meat sauce and diced cold cuts. Toss quickly to distribute the dressing evenly.
- Place in a round oven proof baking dish, well greased with fat.* If using raisins and nuts, make layers, alternating pasta with a mixture of raisins and nuts. Bake in 350F oven for 1 to 1 1/2 hours, or till a nice crust is formed on all sides. Invert over a serving dish and bring to the table.

Devilled Scampi



Yield > 1

Keys : Seafood Italian Italy European Mediterranean

Ingredients :

400	gm	frozen scampi thawed
		juice 1 lemon
1	x	salt pepper chilli sauce sugar
2	tbl	olive oil
1	x	onion chopped
2	clv	garlic crushed
450	gm	tomatoes skinned de seeded and chopped
1	tsp	dried oregano
1/2	tsp	dried basil
150	ml	stock
40	gm	butter
2	tbl	brandy
1	tbl	chopped parsley

Method :

- Bring some lightly salted water to a boil in a pan.
- Add the scampi and simmer for 1 minute.
- Drain and cool place in a dish sprinkle with lemon juice pepper and a little chilli sauce.
- Mix carefully cover and leave for 20 minutes to absorb the flavours.
- Heat the oil in a saucepan add the onion and the garlic crushed with salt.
- Fry gently until softened.
- Add the tomatoes and cook stirring for 10 minutes.
- Season well with salt pepper chilli sauce sugar oregano and basil.
- Add the stock let all cook gently for 10minutes longer.
- Keep the sauce hot without letting it boil.
- Heat the butter in a frying pan. Drain the scampi and pat dry on absorbent paper.
- Fry until golden brown on all sides about 5 minutes.
- Remove from the heat pour over the brandy and set light to it.
- When the flames have died down arrange the scampi on a warm dish salt slightly and pour over the tomato sauce.
- Scatter with parsley and serve.
- utes.

Dixie Chickagetti

Yield > 1

Keys : Chicken Casseroles Pasta Poultry Italian Italy European Mediterranean

Ingredients :

		oil or margarine
1	sm	jar pimentos, (4 oz.)
1/3	cup	onion, chopped
1	tbl	salt
1/3	cup	pepper, green, diced
1	lb	spaghetti
2	cup	celery, sliced
1	cup	black olives, sliced
2	cup	chicken, cooked, chopped
2	cup	cheddar cheese, grated
2	cup	chicken broth

Method :

- Heat small amt. of oil/margarine in large saucepan. Sauteevegetables until a little less crisp. Stir in chicken, broth and pimento, and heat to boiling.
- Add salt. Break spaghetti into small pcs. and add to broth. Boil pasta until done, abt. 10 minutes Add more water or broth if necessary. Pour mixture into casserole dish and sprinkle olives over. Sprinkle cheddar cheese over all.
- Cover with foil. bake at 350F. for 30 minutes

Doc Severinsen's Braciola



Yield > 6

Keys : Beef Meats Italian Italy European Mediterranean

Ingredients :

1	x	Full cut beef bottom round cut 1/2" thick
1/4	lb	Prosciutto minced
1/2	cup	Fresh parsley chopped
2	x	Hard boiled eggs
2	sm	Cloves garlic minced
4	tbl	Grated parmesan cheese
1/3	cup	Raisins soaked in water
		to plump
1	sm	Carrot grated
1/3	cup	Pine nuts
2	tbl	Cooking oil

Method :

- Flatten meat with mallet to 1/4" thickness. Season both sides with salt and pepper. Combine prosciutto, parsley, eggs, half of minced garlic, 4 tbls cheese, raisins or half of grated carrot, pine nuts and bread crumbs.
- Spread stuffing over meat. Starting at narrow end, roll steak jellyroll fashion. Tie with string at 1" intervals or fasten with toothpicks. Heat oil in a large skillet. Brown meat well on all sides; remove to platter.
- Saute remaining garlic and carrot, celery and onion until wilted; remove to platter. Drain off excess fat. Add wine to skillet to Deglaze pan drippings. Return meat and vegetables to skillet with remaining 4 tbls cheese, undrained tomatoes and Italian seasoning. Meat should be covered with vegetables and tomatoes. If not, add small amount of water to cover.
- Simmer about 1 hour. Remove meat, strain sauce, cool and remove any fat that comes to surface. Return meat and sauce to skillet; continue cooking until meat is tender. Remove string from meat, slice and serve with sauce and spaghetti if desired.

1	stalk	celery chopped
4	tbl	Onions chopped
1/3	cup	Dry red wine
1/2	tsp	Italian seasoning
16	oz	Italian plum tomatoes
		Salt & freshly ground pepper
		Handful of fine bread

Dove Breast Italiano

Yield > 1

Keys : Dove Main Dish Upland Birds

Ingredients :

		Any number of dove breasts
		Wishbone Italian salad dressing
		Garlic salt to taste
		Freshly-ground black pepper to taste
		Sliced jalapenos
1	slc	bacon per two dove breasts
		Toothpicks as needed

Method :

- Place dove breasts in a zip-seal plastic bag, cover with Italian dressing and marinate for three to four hours.
- Remove breasts and use a sharp knife to slit the breast along the bone that runs the length of the breast. Insert one or two slices of jalapeno in each slit. Season breasts to taste with garlic salt and black pepper.
- Wrap each breast with half a slice of bacon. Secure bacon with a toothpick run through each breast.
- Grill over indirect heat for 1 to 1 1/2 hours or till done to taste.

Drumsticks Little Italy Style



Yield > 4

Keys : Microwave Chicken Poultry Italian Italy European Mediterranean

Ingredients :

1	cup	chopped, canned tomatoes
3/4	cup	long grain rice
1	cup	chicken broth
1/2	cup	dry white wine
1	med	onion, chopped

Method :

- In a 3 quart microwave-safe utensil combine tomatoes and rice. Stir in broth and wine; add onion, garlic, thyme, and mix well. Cover with plastic wrap; microwave at high (100% power) 5 minutes. Arrange drumsticks over top of mixture, with meatiest portions to the outer edge of utensil. Re-cover with plastic wrap; microwave at HIGH (100% power) 5 minutes then at MEDIUM-HIGH (70% power) 12 minutes per pound. Halfway through cooking time stir and turn drumsticks over. Re-cover and complete the cooking. Let stand, covered 10 minutes before serving. Test for doneness after standing;

1	lrg	clove garlic, crushed
1 / 2	tsp	dried thyme
5	x	roaster drumsticks
		Salt and ground pepper to taste
2	tbl	or more minced, fresh

juices should run clear with no hint of pink when drumstick is pierced. Season with salt and pepper. Add parsley to rice mixture for garnish.

Dulce De Leche



Yield > 10 Servings

Keys : Desserts Italian Italy European Mediterranean

Ingredients :

1	gal	milk.
8	cup	Sugar

Method :

- First boil the milk on medium heat Add the sugar, stirr well and keep stirring constantly, so that it doesn't stick on the bottom of the pam. The milk will evaporate and the color will change to yellowish.
- For a hard dulce de leche, let the milk evaporate till it gets very thick in the pan you are cooking. Then coat a a square pan with butter, spread the contents on it & put it in the oven to dry for a few minutes.
- For a soft dulce de leche, don't let it get too thick while you cooking it, then keep in a jar and eat as a spread.
- It is really delicious. Sometimes I add peanuts or cinamon for a variation.
- I am from Latin America, and talking about this bring me good memories....

- Enjoy! It ready when it changes the color from white to yellowish It is very very simple. But you need to keep an eye on the pan.

Eels, San Sebastian Style

Yield > 4

Keys : Fish Ocean Main Dish Seafood Italian Italy European Mediterranean

Ingredients :

2	lb	Fresh eels
4	tbl	Flour
6	tbl	Extra-virgin olive oil
4	x	Chilis choriceros or ancho chilis stemmed, seeded,
		and cut into 1/4" rounds
3	tbl	Toasted pine nuts
3	x	Garlic cloves thinly sliced
2	x	Red bell peppers roasted, peeled,
		and cut into julienne
8	oz	Chacoli, or other dry white wine
1/2	cup	Fresh bread crumbs
1/2	cup	Finely-chopped parsley
		Salt to taste
		Freshly-ground black pepper to taste

Method :

- Cut eels into 2-inch pieces and roll in flour. Heat oil in an earthenware cazuela (or casserole) until smoking and brown eel pieces. Remove eels and add chilis, pine nuts and garlic and cook until garlic turns light golden brown. Add red bell peppers, eel pieces and wine and bring to boil. Lower heat and simmer for 20 minutes. Add bread crumbs and parsley and season with salt and pepper. Serve in cooking vessel.
- This recipe yields 4 servings as a main course.

Eggplant in the Style of Modugno (Melanzane a

Yield > 8 Servings

Keys : Vegetarian Italian Italy European Mediterranean Hot Room

Ingredients :

1	lrg	Eggplant (about 2 lbs),
		Sliced lengthwise 1/4-inch
		Thick
1	tbl	Salt

Method :

- 1. Layer the eggplant slices in a colander, sprinkling each layer with the salt. Set aside to drain for at least 1-1/2 hours. Gently squeeze out the excess liquid. Pat dry with paper towels.
- 2. In a large skillet, heat the olive oil over moderately high heat to 375F or until a small bread cube browns in about 1 minute. Add the eggplant slices in small batches and fry, turning once, until golden and cooked through, about 2

2	cup	Olive oil
1 / 4	cup	Dry bread crumbs
2	tsp	Minced garlic (3 medium Cloves)
1 / 2	cup	Chopped parsley
1 3 / 4	cup	Grated mozzarella cheese
		(8 oz.)
1 / 2	cup	Freshly grated Parmesan
		Cheese (2 oz.)
		Freshly ground pepper
1	cup	Marinara Sauce

minutes per side.

- Remove with a slotted spoon and drain on paper towels.
- 3. Preheat the oven to 375F. In a medium bowl, combine the bread crumbs, garlic, parsley, mozzarella and all but 2 Tablespoons of the Parmesan. Stir in the egg and season with salt and pepper.
- 4. Spoon 3/4 c. of the Marinara Sauce into a nonreactive 8-by-12-inch baking pan. Spread about 1 Tablespoon of the mozzarella mixture on each slice of eggplant, roll up and place seam side down in the pan. Spoon the remaining 1/4 c. Marinara Sauce over the eggplant rolls and sprinkle the reserved 2 Tablespoons Parmesan on top.
- (This dish can be prepared to this point several hours ahead and kept covered at room temperature.) Bake until the mixture bubbles and the cheese is melted, about 20 minutes. Serve hot or at room temperature. These eggplant rolls are from Apulia, the region that forms the heel of the Italian boot. They make a wonderful antipasto or a delicious luncheon dish. Serve at room temperature to enjoy their fullest flavor.

Escarole-Sausage Soup



Yield > 4 Servings

Keys : Italian Italy European Mediterranean

Ingredients :

Method :

- Cook Time:
Cholesterol per serving: 65 In Dutch oven over medium-high

3 / 4	lb	Hot italian sausages -- cut
1	tbl	Oil
1	x	Onion, large -- chopped
1	cl	Garlic -- minced
2	med	Celery ribs -- with leaves
2	lrg	Potatoes -- peeled and cube
1	can	Tomatoes -- 16oz cut up
3	cup	Water
3 1 / 2	cup	Chicken broth
1	tbl	Parsley -- chopped
1 / 2	tsp	Basil
1 / 2	tsp	Orsegano
1 / 2	tsp	Salt
1 / 4	tsp	Pepper
1	lb	Escarole -- trimmed and
		Torn
		Parmesan cheese -- grated

heat brown sausage in oil; remove with slotted spoon to paper towels to drain. Add onion to Dutch oven; saute until tender. Add garlic; saute 1 minute. Add sausage and remaining ingredients except escarole and cheese. Bring to boil; reduce heat, cover and simmer 40 minutes. Add escarole; simmer 5 minutes. Serve sprinkled with cheese.

Exquisite Calzones

Yield > 6

Keys : Sandwiches Italian Italy European Mediterranean

Ingredients :

15	oz	ricotta cheese
1	cup	provolone cheese, shredded
1	cup	fontina cheese, shredded
1 / 4	lb	prosciutto, chopped
2 1 / 4	oz	sliced olives, drained
10	x	pepperoncini, stemmed + chopped
1 / 3	cup	sun-dried tomatoes, drained and chopped
2	tbl	fresh basil, chopped or 2 teaspoons dried
2	x	loaves frozen bread dough - thawed , (1 pound each)
1	lrg	egg

Method :

- When piping hot, these make delicious mid-winter supper fare. Chilled, they travel well to a summer picnic. In a large bowl, combine ricotta, provolone, and fontina cheeses, prosciutto, olives, pepperoncini, tomatoes and basil; set aside. Brush 2 large baking sheets with olive oil (preferably that drained from the tomatoes) or salad oil; set aside. Divide each loaf of bread dough into 3 pieces. On a floured surface, roll each piece into a 7-inch round. On half of each round, place a heaping 1/2 cup of the ricotta mixture and spread it to within 1/2 inch of the edge. In a small howl, beat the egg with the water. Brush the mixture over the edges of dough rounds, then fold empty half of dough round over the filling, forming a crescent shape. Press or decoratively pinch edges to seal. Place 3 calzones on each baking sheet; brush each calzone with oil and bake in a 400 oven for 30 to 35 minutes, or until golden brown. Serve immediately, or cool, then wrap and refrigerate. Re-warm to desired temperature in a microwave oven prior to serving..

1	tbl	water salad oil, or olive oil drained from
		tomatoes

Eye Round Roast Beef with Onion Sauce



Yield > 10 Servings

Keys : Beef Main Dish Meats Italian Italy European Mediterranean

Ingredients :

3	lb	Onions, diced
6	lb	Eye round roast
2	can	Italian plum tomatoes
1 / 4	cup	Fresh basil, chopped
1	tsp	Salt
2	lb	Large bow tie macaroni
4	tbl	Olive oil
1	can	Tomato paste
2	x	Garlic cloves, peeled
1 / 2	tsp	Pepper

Method :

- Saute diced onions for about 20 minutes in olive oil until translucent and soft. Add tomato paste and cook for 2-3 minutes. Put plum tomatoes in blender for a few seconds. Add tomatoes and garlic to pot with onions and paste.
- In separate pan, brown eye round on all sides in a small amount of oil. Add meat to sauce and simmer slowly for 3 hours. remove garlic cloves. Carve roast into thin slices and serve with bow ties and sauce. The large quantity of onions make this a sweet, delicious sauce.

Fagiolini Verdi Al Pomodoro (Green Beans with Tomatoes)

Yield > 6

Keys : Italian Italy European Mediterranean

Ingredients :

2	lb	green beans
4	tbl	olive oil
2	x	cloves garlic, slightly mashed
1	lb	chopped tomatoes, peeled

Method :

- Rinse and trim the beans. Cook in just enough lightly salted boiling water to cover. When the beans are barely tender, drain and reserve. Heat the oil in a large saucepan and sauet the garlic until golden, then discard it. Add the tomatoes, sage and salt and pepper to taste. Bring to a rapid simmer and cook, stirring frequently, for 10 minutes. Stir in the beans, reduce heat and simmer gently until the beans are tender and the sauce has thickened slightly. Add the olives just in time for them to heat through before serving.

		salt and pepper
6	x	black olives, chopped or sliced

- Serves 6-8.

Farfalle with Cilantro Salsa



Yield > 8

Keys : Pasta Herbs Italian Italy European Mediterranean

Ingredients :

3	oz	crumbled feta cheese, (3/4 cup)
1/4	cup	chopped fresh cilantro
1 1/2	tsp	olive oil
1/4	tsp	salt
1/8	tsp	pepper
2	x	cloves garlic, minced
14 1/2	oz	italian-style stewed tomatoes, (1 can)
		undrained and chopped
8	cup	hot cooked farfalle
		(4 cups uncooked bow-tie pasta)

Method :

- Combine first 7 ingredients in a large bowl; stir well. Add pasta; toss gently.
- Yield: 8 servings (serving size: 1 cup).

Fast Focaccia



Yield > 1 Servings

Keys : Breads Italian Italy European Mediterranean Warm

Ingredients :

3	cup	Bisquick
1	tsp	Sage, dried,crumbled
1	tsp	Oregano, dried, crumbled
1 / 2	tsp	Basil, dried, crumbled
1 / 4	tsp	Red pepper flakes
1 / 4	tsp	Garlic powder
1	cup	Milk
6	tbl	Olive oil
TOPPING		
1 / 2	tsp	Thyme, dried, crumbled
1 / 8	tsp	Garlic powder
1 / 2	tsp	Oregano, dried, crumbled

Method :

- Preheat oven to 400. Spread 2 Tbs. olive oil in the bottom of a 9 x 13 inch baking pan. In large bowl combine the seasonings with the bisquick. Add milk and stir to blend well. Pour into pan and spread with floured fingers to edges of pan. Drizzle remaining 4 Tbs. olive oil over top and spread gently with fingers so that the whole top is covered. . Sprinkle the TOPPING seasonings over. Bake for 25 minutes or until a nice golden brown.
- Serve warm.

Fennel Gratin with Robiola



Yield > 4

Keys : Side Dish Herbs Italian Italy European Mediterranean

Ingredients :

2	x	Fennel bulbs trimmed of stalks
1	cup	Bechamel Sauce see * Note
4	oz	Fontina cheese grated
8	oz	Robiola cheese
2	oz	Fresh bread crumbs lightly toasted
		under a broiler
		Salt to taste
		Freshly-ground black pepper to taste

Method :

- Preheat oven to 450 degrees. Bring 4 quarts water to boil and add 2 tablespoons salt. Butter 4 small round (4-inch diameter) earthenware gratin or shallow sauce dishes.
- Halve fennel bulbs and cut into 1/4-inch thick slices. Place in boiling water and blanche until very tender, 8 to 10 minutes. Drain in a colander over sink and set aside until cool enough to handle. Mix tepid fennel with Bechamel Sauce and fontina and mix well. Divide evenly among 4 gratin dishes and pat down with back of spoon.
- Bake in top half of oven for 25 minutes until bubbling and hot. Remove from oven. Place 2-ounce dollop or square of robiola in center of each dish, sprinkle bread crumbs over robiola and place in oven 5 to 6 more minutes, until robiola is hot and soft and crumbs have melted in. Remove. Allow to stand 3 minutes before serving.
- This recipe yields 4 servings.

Fenneled Rice Pilaf



Yield > 4

Keys : Side Dish Rice Italian Italy European Mediterranean

Ingredients :

1 1/2	cup	Medium-grain white rice
1	x	Fennel bulb - (to 2)
2	tbl	Olive oil
1	tsp	Salt
1/2	tsp	Freshly-ground black pepper
1/4	cup	Pernod

Method :

- Place rice in a bowl and rinse under cold, running water until water runs clear. Drain and reserve.
- Remove wispy fennel leaves. Chop and reserve for garnish. Cut bulbs in half and slice thinly across width. Finely dice, discarding hard cores.
- Heat oil in a medium saucepan over moderate heat. Add chopped fennel bulbs and stalks, salt, and pepper. Cook, uncovered, until soft. Add Pernod, turn heat to high, and light alcohol with a match. Continue to cook over high heat until liquid is reduced by half. Add reserved rice and chicken stock, and bring to a boil. Cover, reduce to a simmer, and cook 5 minutes. Remove from heat and let sit, with cover on, for 5 minutes.

2	cup	Chicken stock or canned broth

- Stir in reserved fennel leaves, and serve warm.
- This recipe yields 4 to 6 servings.

Fettuccine Al Gorgonzola



Yield > 4

Keys : Pasta Cheese Italian Italy European Mediterranean

Ingredients :

375	gm	fettuccini
1	x	salt and pepper
25	gm	butter
5	tbl	milk
125	gm	Gorgonzola cheese diced
120	ml	double cream
25	gm	grated Parmesan cheese
12	tbl	chopped basil (optional)

Method :

- Cook the pasta in boiling salted water until al dente.
- Drain thoroughly.
- Meanwhile put the butter milk and Gorgonzola cheese into a flameproof casserole.
- Place over a moderate heat and mash the cheese to a creamy sauce.
- Add the cream and salt and pepper to taste and heat to simmering point.
- Stir in the pasta Parmesan cheese and basil if using.
- Toss until the pasta is coated then serve immediately with extra Parmesan cheese.
- Serves 4

Fettuccine Alfredo with Salmon



Yield > 6

Keys : Pasta Fish Main Dish Seafood Italian Italy European Mediterranean

Ingredients :

1	x	salmon fillet, (1-pound)
		vegetable cooking spray
1 / 8	tsp	freshly ground pepper
2	tbl	reduced-calorie margarine
3	x	cloves garlic, minced
2	tbl	all-purpose flour
2	cup	skim milk
3 / 4	cup	grated fresh parmesan cheese, divided
6	cup	hot cooked spinach fettuccine
		cooked without salt or fat

Method :

- Place salmon, skin side down, on a broiler rack coated with cooking spray; place rack on a broiler pan. Sprinkle with pepper. Broil 5-1/2 inches from heat 11 minutes or until salmon flakes easily when tested with a fork. Flake salmon into bite-size pieces; set aside, and keep warm.
- Melt margarine in a medium saucepan over medium heat; add garlic, and sautee1 minute. Add flour; cook 1 minute, stirring constantly with a wire whisk.
- Gradually add milk, stirring constantly. Cook an additional 8 minutes or until slightly thickened and bubbly, stirring constantly. Add 1/2 cup plus 2 tablespoons cheese; stir until cheese melts. Pour over pasta, and toss well.
- Top with salmon; sprinkle with remaining 2 tablespoons cheese.
- Yield: 6 servings (serving size: 1 cup pasta and 2 ounces salmon).



Fettuccine Alla Romana

Yield > 4

Keys : Pasta Italian Italy European Mediterranean

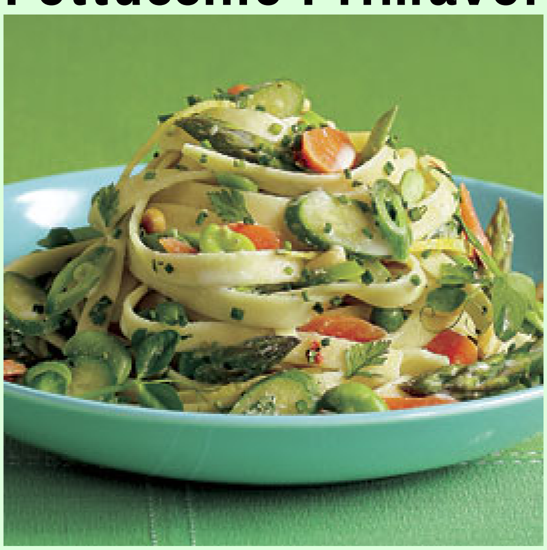
Ingredients :

1 / 2	lb	butter, softened
1	x	egg yolk
1 / 4	cup	heavy cream
1 / 2	cup	freshly grated parmesan
		cheese
1	tbl	salt
1	lb	fresh fettuccine
		salt and pepper

Method :

- 1. Beat butter until light and fluffy. Slowly add the egg yolk and cream, beating constantly. Add grated cheese, a few tablespoons at a time, beating after each addition. In a large pan, bring approximately 8 quarts of water to boil; add salt and very gently drop in the Fettuccine. Stir with a wooden spoon for a few moments to separate the noodles, and cook for about 7 min- utes, or until tender. The pasta should be al dente. Drain the fettuccine into a colander and place in a large heated serving bowl. Add the creamed butter and cheese immediately; toss very gently and season generously with salt and pepper.

Fettuccine Primavera



Yield >	4

Keys : Pasta Vegetarian Italian Italy European Mediterranean

Ingredients :

2	x	carrots, sliced
1	cup	broccoli florets
1	cup	cauliflower florets
1	cup	zucchini, sliced
1 / 3	cup	snow peas, ends trimmed
4	tsp	margarine
1	tsp	basil, dried
		black pepper
1 / 4	cup	chicken stock, (no fat)
1 / 2	cup	parmesan cheese, grated
1 / 3	lb	fettuccine

Method :

- * Blanch carrots, broccoli, and cauliflower by immersing in boiling water for about 1 minute. Remove and plunge into ice water. Drain and reserve. In a nonstick skillet over medium heat, sauteezucchini and snow peas in margarine until crisp-tender, about 3-4 minutes. Add carrots, broccoli, cauliflower, basil and pepper to taste. Stir in chicken stock and parmesan.
- * Meanwhile cook fettuccine until al dente and drain. Divide among serving plates and top with vegetable-cheese mixture. Serve immediately.

Florentine Minestrone



Yield >	1

Keys : Italian Italy European Mediterranean

Ingredients :

2	tbl	olive oil
25	gm	streaky bacon diced
2	x	onions chopped
2	x	leeks sliced
300	gm	carrots diced
600	x	gturnips diced
1 / 4	x	celeriac root (optional) diced
350	gm	Savoy cabbage thinly sliced
1	sm	potato diced
450	gm	tomatoes skinned de seeded and chopped
		I.5 litres stock
1	x	salt pepper
1	clv	garlic

Method :

- Heat the oil in a soup pan and fry the bacon gently for 2 minutes.
- Add the prepared vegetables except for the potato and tomatoes.
- Fry all together stirring for 5 minutes.
- Add the stock and seasoning.
- Crush the garlic with salt.
- Add to the soup.
- Cook over a medium heat for 20 minutes.
- Meanwhile cook the macaroni in plenty of boiling salted water for 10 minutes drain.
- Add the rice and diced potato to the soup.
- Cook for a further 15 minutes then add the tomatoes and macaroni and cook for 5 minutes more or until the rice is tender.
- Sprinkle with parsley and serve the grated cheese separately.

40	gm	macaroni
40	gm	rice washed and drained
1	tbl	chopped parsley
50	gm	grated Parmesan cheese

Focaccia Al Formaggio



Yield > 4

Keys : Breads Rolls Italian Italy European Mediterranean

Ingredients :

1	x	recipe Pizza Bread see * Note
1	cup	Grated Pecorino-Romano cheese
1	cup	Grated Parmesan cheese
1/4	cup	Extra-virgin olive oil
1	tbl	Sea salt

Method :

- Follow instructions for 1 large pizza, but form dough into large rectangle. Using a rolling pin or your hands, flatten dough to fit in your cookie sheet. Using finger tips, poke indentions across entire surface. Sprinkle with both cheeses, drizzle with olive oil and sprinkle with salt. Bake 10 to 15 minutes until golden-brown on top and bottom.
- This recipe yields 4 servings.

Focaccia with Parmesan



Yield > 4

Keys : Cheese Italian Italy European Mediterranean

Ingredients :

1	pkt	yeast, not instant
1	tsp	sugar
1 1/4	cup	warm water
2 3/4	cup	bread flour
6	tbl	olive oil
1/2	tsp	salt
4	tbl	grated parmesan cheese
1/2	tsp	dried rosemary, crushed
1	tbl	cornmeal
1	tsp	salt, coarse
		black pepper

Method :

- 1. Dissolve the yeast and sugar in 3/4 cup warm water, about 110F. Set aside for 15 minutes until very foamy.
- 2. Stir 1 cup flour into the yeast. Cover with plastic wrap and let this sponge proof in a warm place until tripled in volume and very bubbly, about 3 hours.
- 3. Into the yeast mixture add the remaining 1/2 cup warm water, 2 tablespoons olive oil, 1/2 teaspoon regular salt, Parmesan cheese and rosemary. Add enough of the remaining flour to form a soft and workable dough.
- Knead on a lightly floured surface until smooth and elastic, about 10 minutes.
- 4. Oil a large bowl. Put the dough into the bowl, cover loosely and let rise in a warm place until doubled in size, about 1-1/2 hours.
- 5. Sprinkle a baking sheet with the cornmeal. Divide the dough into 4 parts and roll each into a circle about 7 inches in diameter. Place on the baking sheet. Use the tips of your fingers to make dimples in the dough. Spoon a tablespoon of olive oil on each bread piece and sprinkle with the coarse salt and pepper.
- 6. Bake in a preheated 475-degree oven for 20 minutes or until golden brown.

Fondue Italiano

Yield > 7 Servings

Keys : Beef Meats

Ingredients :

1	lb	Lean ground beef
1	env	spaghetti sauce
		Mix
15	oz	Cans tomato sauce
1	lb	Sharp cheddar cheese --
		Shredded
8	oz	Mozzarella cheese --
		Shredded
2	tbl	Cornstarch
1/2	cup	Dry red wine

Method :

- In skillet or slow-cooking pot with browning unit, cook beef until crumbly; pour off excess fat. In slow-cooking pot, combine beef with dry spaghetti sauce mix, tomato sauce, cheddar and mozzarella cheeses. Cover and cook on low 2 hours. Dissolve cornstarch in wine. Turn control to high. Add dissolved cornstarch. Heat on high for 10 to 15 minutes. Dip chunks of Italian bread into fondue while keeping mixture hot in slow-cooking pot.
- May be used as a hearty hot dip or as a main dish served with a salad after a game or theater.

Fonduta



Yield > 4

Keys : Appetizers Sauces Italian Italy European Mediterranean

Ingredients :

1 / 2	cup	Milk
1 / 2	cup	Heavy cream
1 / 2	lb	Fontina cheese shredded
4	tbl	Butter
4	x	Egg yolks
1 / 2	tsp	Freshly-ground white pepper
		Crusty bread cut in 1/2" chunks
1	med	White truffle

Method :

- Place milk, cream and cheese in a pot and allow to stand at room temperature for 2 hours. Place butter in a fondue pan and, over medium heat, whisk in cheese and milk mixture, without allowing to boil, a tablespoon at a time. When all the cheese has been added, remove from heat and whisk in yolks, one at time. Season with white pepper and shave white truffles over top of pot. Dip in bread and enjoy.
- The following day, bring to a boil and serve in shallow bowls over toasted bread. Sprinkle with Parmigiano table-side.
- This recipe yields 4 servings.

Fried Sage Leaves



Yield > 6 Servings

Keys : Vegetable Herbs Italian Italy European Mediterranean

Ingredients :

1	cup	Clarified butter
1	bn	sage leaves, stems tied together with rubber band

Method :

- 1. Heat 1/4-inch Clarified Butter over a high flame in small saute pan.
- When butter quivers & is on verge of smoking, holding sage by stems, plunge leaves into pan. The leaves should fan out. Fry sage for 1-2 minutes, or until leaves are crisp & dark green. Transfer sage to paper towels to drain, & cut off stems. The leaves will remain crisp if kept warm, & can be reheated in a low oven.
- UPSTAIRS AT THE PUDDING
- HOLYOKE ST., CAMBRIDGE
- ACCOMPANIES MUSCOVY DUCK

Frittata William



Yield > 2

Keys : Eggs Italian Italy European Mediterranean

Ingredients :

1	tbl	land of lakes roasted garlic butter
3	slc	prosciutto, julienned
3	slc	sopresso salami, julienned
1/2	cup	fried cubed potatoes
1/2	tbl	fresh parsley, chopped fine
3	tbl	locatelli cheese, grated
1	tbl	water
4	lrg	eggs, beaten
1	tbl	wine cured Italian black olives, sliced

Method :

- Heat the roasted garlic butter in a medium size oven proof skillet over medium heat. Sauteethe prosciutto, salami and parsley for a minute or two. Add the cooked potatoes. Sauteeanother minute. Reduce the heat to medium-low. In a bowl, beat the eggs , water, and Locatelli cheese together. Pour the egg mixture over the sauted items in skilet. Cook over medium-low heat for 15 minutes. Remove from stove top burner and place skillet under broiler until brown on top. Slide the frittata out of the sk illet and onto a serving dish.
- Garnish with sliced wine cured Italian black olives.

Gamberi in Padella (Garlicky Pan-Roasted Shrimp)



Yield > 4 Servings

Keys : Antipasto Seafood Italian Italy European Mediterranean

Ingredients :

1/2	lb	Large shrimp, peeled
2	tsp	Sea salt
1/4	cup	Olive oil
2	x	Cloves garlic, finely chopped
1	pch	Red pepper flakes
		Or
1	whl	hot peppers, dried, to taste
1/4	tsp	Salt, to taste
2	tbl	Dry white wine
1	tbl	Fresh Italian parsley, chopped

Method :

- Remove the dark intestinal veins from the shrimp. As you do, make each cut deep enough to butterfly the shrimp, so each can be opened flat like a book. Fill a bowl with ice water, add the sea salt and the butterflied shrimp, and let stand for 15 minutes to bring out some of the briny flavor of the shellfish. (Removing their shells robs the shrimp of some of their natural flavor.) Drain and dry thoroughly with a cotton kitchen towel.
- In a large skillet over medium heat, warm the olive oil. Add the garlic and hot pepper and sautee gently until the garlic softens but is not browned, about two minutes. Add the shrimp, placing them opened flat on the bottom of the pan so they do not curl too much. Sautee, turning once, until they are opaque, about two minutes on each side. Add the wine, stir and cook for an additional 30 seconds to allow alcohol to evaporate. Remove and discard the whole peppers, if using. Sprinkle with parsley and serve immediately.
- Variation with tomato: Add 1 small ripe tomato, peeled, seeded and coarsely chopped, or two canned plum tomatoes, seeded and coarsely chopped, to the sauteed shrimp in the skillet. Stir to mix, then add the wine and proceed with the recipe.
- healthy living experience
- Here is one of the most popular ways for cooking shrimp in Italy and throughout the Mediterranean. Good Italian or French bread should
- always be served with this dish for sopping up the garlicky sauce.

Gazpacho Cordobes



Yield > 4

Keys : Appetizers Soups Stews Italian Italy European Mediterranean Cold

Ingredients :

8	slc	Baguette or French bread - (1" thick)
2	lrg	Red bell peppers seeded, and
		roughly chopped
1	lrg	Green bell pepper seeded, and
		roughly chopped
3	lrg	Vine ripe tomatoes - (abt 1 1/2 lbs)
3	x	Garlic cloves peeled

Method :

- Remove crusts from bread and tear 5 of the slices into 1/2-inch pieces. Place with red and green bell peppers, tomatoes, garlic, olive oil and vinegar into a food processor and blend until smooth. Add water and ice and blend until ice breaks down completely. Season with salt and pepper, stir oranges and hard-boiled eggs through gently. Cut remaining bread into 1/2-inch cubes and toast until golden brown. Serve soup cold with croutons on side.
- This recipe yields 4 servings.

1 / 4	cup	Olive oil
4	tbl	Sherry vinegar
4	cup	Cold water
1 / 2	cup	Crushed ice
		Salt to taste
		Freshly-ground black pepper to taste
2	med	Sevillano oranges peeled, segmented
2	x	Hard-boiled eggs finely chopped

Giacomo's Special



Yield > 1 Servings

Keys : Beef Brunch Eggs Meats Italian Italy European Mediterranean

Ingredients :

1	sm	Onion, chopped
2	tbl	Olive oil
1	tbl	Butter
1	lb	Beef, ground
		Salt, pepper, garlic salt to taste
1	x	Clove garlic, pressed
1 / 4	cup	Dry white wine
1	pkt	Frozen spinach, chopped

Method :

- Saute onion slightly with oil and butter; add ground beef. Sprinkle salt, pepper, and garlic salt over meat while browning; then add garlic and saute lightly. Add wine. Add spinach, stirring frequently until thawed out and cooked. Blend cheese in well, then add mushrooms. Mix in eggs a few minutes before serving.
- Yield: 4-5 servings

3	tbl	Parmesan cheese, grated
1	can	(4 0z) mushrooms (optional), sliced
1	x	Links italian sausage, crumbled with beef

Gnocchi Al Gorgonzola (Sauce)



Yield > 4

Keys : Pasta Cheese Sauces Potatoes Tubers Root Vegetable Italian Italy European Mediterranean

Ingredients :

1 / 4	cup	crumbled mild gorganzola
		cheese
1 / 2	cup	butter
3	tbl	grated parmesan cheese
1 / 4	cup	whipping cream, warm
		pepper
		Prepare gnocchi according to gnocchi recipe.

Method :

- Bring a pan of saltd water to a boil and warm a bowl. Put gorgazola into bowl with butter and a pinch of pepper and blend until creamy with a wooden spoon. Stir in parmesan and heated cream. Keep warm. Add gnocchi carefully to boiling water. Stir and cook briskly. When they come to surface, remove with a slotted spoon and transfer to bowl with the sauce. Stir well to coat with sauce and serve immediately.

Grouper Saor...



Yield > 4

Keys : Fish Italian Italy European Mediterranean

Ingredients :

4	oz	virgin olive oil
6	lrg	onions, sliced
1	pch	salt, to taste
1	pch	black pepper, to taste
4	oz	golden seedless raisins, soaked and drained

Method :

- STEP ONE: Soak golden raisins in water until plump, then drain.
- STEP TWO: Heat sauteepan on high heat, until very hot. Add 4 ounces oil, heat until smoking. Toss in onions, stirring quickly so they don't burn. Season with salt and pepper, and cook 5 to 10 minutes until lightly caramelized. Add raisins and vinegars and cook on low heat until all vinegar is absorbed into the onions. Set aside, keep warm.
- STEP THREE: Season fish with salt, pepper, and oil. Grill each side 2 to 3 minutes over high heat until done. Place bed

12	oz	red wine vinegar
4	oz	balsamic vinegar
24	oz	grouper fillets, cut in 6-oz portions
		salt and pepper, to taste
		virgin olive oil, to sauteethe fish
2	oz	pine nuts, toasted (garnish)
1	tbl	fresh chives, chopped (garnish)
2	oz	additional virgin olive oil, (garnish)

of onions on serving platter, top with fish, and garnish with pine nuts, chives, and additional olive oil.

Habas a La Catalana



Yield > 6

Keys : Salads Dressings Italian Italy European Mediterranean

Ingredients :

1	cup	Dry white lima beans (habas) soaked overnight
1	tbl	Dijon mustard
4	tbl	Sherry vinegar
2	tbl	Chopped fresh mint leaves

Method :

- Place beans in new water and bring to a boil. Lower heat and simmer 30 to 40 minutes until tender. Drain and place in a mixing bowl to cool.
- In another mixing bowl, place mustard, vinegar and mint leaves. Whisking constantly, add olive oil in a thin stream until all is emulsified. Add ham, escarole and cool beans and toss well to coat. Season with salt and pepper, toss again and serve.

1/2	cup	Extra-virgin olive oil
4	oz	Jamon Serrano or Jambon de Bayonne cut 1/16" julienne
3	cup	Finely-shredded escarole
		Salt to taste
		Freshly-ground black pepper to taste

- This recipe yields 6 servings.

Ham Linguine Florentine

Yield > 6

Keys : Pasta Ham Pork Main Mushrooms Nuts Onions Meats Italian Italy European Mediterranean

Ingredients :

1/2	cup	slivered almonds
1 1/2	cup	mushrooms, sliced
3/4	cup	chopped onion
3	tbl	margarine
3	tbl	oil
3	tbl	flour
3/4	tsp	dry thyme
1	x	13 ounce can beef broth
3/4	cup	milk
1 1/2	cup	cooked ham, in strips
1/2	cup	snipped parsley
2	tbl	Dijon mustard, (2 to 3)
6	oz	cooked linguine, (6 to 8)
8	oz	chopped fresh spinach

Method :

- In heavy 12" skillet, brown almonds over medium heat for 5 minutes until golden. Stir constantly. Remove from skillet. Reserve. In small skillet cook mushrooms and onions in margarine and oil. When tender, add flour, thyme, broth and milk. Cook until thick. Cook and stir for 1 minute more. Stir in 1/4 cup of almonds, ham, parsley and Dijon mustard. Stir in cooked linguine.
- Place 8 ounces of fresh spinach on plates. top with hot linguine. Sprinkle with rest of almonds.

Hazelnut (or Almond) Biscotti



Yield > 1

Keys : Nuts Italian Italy European Mediterranean

Ingredients :

1	cup	sugar

Method :

- In a mixer blend together butter, sugar, cinnamon, vanilla and salt. Add eggs one at a time until mixture is light and fluffy. Stir in nuts.

1 / 2	cup	unsalted butter melted
2	tsp	ground cinnamon, (or 3 tsp)
2	tbl	vanilla extract
1	tsp	coarse salt
3	x	eggs
1	cup	almonds or hazelnuts coarse chop
2 3 / 4	cup	flour
2	tsp	baking powder
		powdered sugar

- Sift together four and baking powder. Stir into sugar mixture. Chill at least 2 to 3 hours.
- Shape dough into loaves about 1 inch thick, 2 inches wide and as long as your greased cookie sheet. Bake at 350 for 25 minutes.
- Remove from oven and let cool. Cut loaves in 1 inch diagonal slices. Lay slices cut side down on a cookie sheet and return to oven for 5 to 10 minutes until lightly toasted. Sprinkle with powdered sugar. Store in an air tight container. These will last a long time if you can keep from eating them.

Hearty Italian Medley

Yield > 8

Keys : Main Dish Italian Italy European Mediterranean Hot

Ingredients :

1	lb	hot Italian sausage casing removed,
		cut into bite-size pieces
1	x	onion chopped
3	x	zucchini cut 1" slices
1	x	eggplant coarsely chopped
1	x	Dole Green Bell Pepper coarsely chopped
1 / 4	cup	water
2	cup	prepared marinara sauce
3	cup	chunks Dole Fresh Pineapple
4	cup	hot cooked noodles

Method :

- Cook sausage and onion in large skillet or Dutch oven until sausage is browned. Add zucchini, eggplant, bell pepper and water. Cover, reduce heat to low, cook 10 minutes or until vegetables are tender.
- Stir marinara sauce and pineapple into skillet. Cook 5 minutes or until heated through. Serve over hot cooked noodles.
- This recipe yields 8 servings.

Hot Tuna and Pasta Salad



Yield > 1

Keys : Fish Salad Italian Italy European Mediterranean Warm

Ingredients :

Method :

1/2	cup	mayonnaise
1/4	cup	lemon juice
1	tbl	dijon mustard
1	lrg	salad white tuna
1/2	lb	mediuxm shell macaroni
10	oz	frozen chopped broccoli, thawed
2	cup	carrots, sliced and cooked
2	tsp	soy sauce
1/8	tsp	ginger
1/8	tsp	basil

- Cook pasta per directions. Cook broccoli per directions. Combine mayonnaise, lemon juice, mustard, soy sauce, ginger and basil in a bowl. Toss with hot macaroni, tuna, broccoli and carrots. Mix and serve warm.

In Farinata



Yield > 4

Keys : Side Dish Italian Italy European Mediterranean Warm Room

Ingredients :

2 1/2	cup	Tepid water
2	tsp	Salt
2	cup	Chick pea flour
1/2	cup	Olive oil plus
2	tbl	Olive oil
2	tbl	Finely-chopped rosemary leaves
2	tbl	Freshly-ground black pepper

Method :

- Preheat oven to 375 degrees.
- Place water and salt in a large mixing bowl. Whisking the water constantly, add the chick pea flour in a thin stream, paying careful attention not to form lumps, until all is blended. Whisk in 1/2 cup olive oil and rosemary leaves and mix well. Allow to stand 2 hours.
- Spread bottom and sides of a 14-inch by 10-inch brownie pan with remaining oil and pour in batter. Place in oven and cook until edges are golden brown, about 30 to 35 minutes. Remove, cut into wedges and dust with black pepper. Serve warm or at room temperature.
- This recipe yields 4 servings.

Italian Cracked Wheat and Pepper Bread

Yield > 16

Keys : Breads Machine Bread Bakers International Italian Italy European Mediterranean Italian

Ingredients :

		1 1/2 Lb. Loaf: - (1 lb loaf:)

Method :

- Minestrone and vegetable soup taste even better with this spicy, crunchy bread,and it can make a fried egg sandwich a whole new experience. Toast slices and use as a base for eggs Benedict or rub with olive oil, cut into fingers, toast, and you will have a rustic, portable hors d'oeuvre.

2 1/2	cup	Bread Flour (1 2/3 C)
3/4	cup	Cracked Wheat (1/2 C)
1 1/2	tbl	Sugar (1 T)
3	tbl	Wheat Germ T)
3/4	tsp	Black Pepper coarsely cracked, (1/2 t)
1 1/2	tsp	Salt (1 t)
1 1/2	tbl	Olive Oil (1 T)

- Add all ingredients in the order suggested by your bread machine manual and process on the basic bread cycle according to the manufacturer's directions. Let the loaf cool before slicing.

Italian Pesto and Garlic Shrimp



Yield > 1

Keys : Main Dish Pasta Seafood Shellfish Italian Italy European Mediterranean

Ingredients :

2	oz	garlic butter
6	x	shrimp
2	oz	diced red bell peppers
1	oz	pine nuts
1	oz	white wine
3	oz	pesto
2	oz	heavy cream
2	oz	grated Parmesan cheese
6	oz	angel hair pasta cooked al dente

Method :

- Saute shrimp, bell peppers, pine nuts, and white wine until cooked, approximately 2 to 3 minutes. Add pesto, heavy cream and Parmesan cheese and cook for 1 minute.
- Place the cooked pasta in the center of the plate. Stand the 6 shrimp around the pasta and top with the garlic/pesto sauce. Garnish pasta with parsley.
- This recipe yields 1 serving.

Italian Roast Beef



Yield > 6 Servings

Keys : Meats Italian Italy European Mediterranean

Ingredients :

1	x	(4-5 lb) beef chuck roast
		Flour
1	tbl	Oregano
1/2	tsp	Chili powder
1/8	tsp	Marjoram
1/2	tsp	Celery salt
1/2	tsp	Salt
1/8	tsp	Pepper
1	x	Clove garlic, sliced
1	cup	Onions, diced
1	cup	Tomatoes, diced
1	tbl	Horseradish
1/2	cup	Catsup
1	cup	Water

Method :

- Roll meat in flour; brown in hot oil Place in heavy roaster; add oregano, chili powder, marjoram, celery salt, salt and pepper. Top with sliced garlic, onions, tomatoes, horseradish and catsup. Add water. Cover. Bake at 350 degrees for 4 hours.

Italian Sausage Spaghetti Sauce (Crock Pot)



Yield > 1

Keys : Crockpot Casserole Sauces Sausage Pasta Italian Italy European Mediterranean Hot

Ingredients :

2	lb	Italian sausage (sweet, hot, or mild)
48	oz	spaghetti sauce
1	can	tomato paste - (6 oz)
1	x	green pepper sliced thin
1	lrg	onion sliced thin
1	tbl	Parmesan cheese
1	tsp	parsley flakes
1	cup	water

Method :

- Place sausage in skillet and cover in water. Simmer 10 minutes; drain. Meanwhile, place remaining ingredients in slow cooker. Add drained sausage and cover; cook on LOW 4 hours. Increase to HIGH; cook 1 hour more.
- Cut sausage in bite-size slices and serve with sauce over hot cooked spaghetti. Sprinkle with more Parmesan, if desired.

Italian "Stars" Cookies



Yield > 42 Servings

Keys : Italian Italy European Mediterranean

Ingredients :

12	x	Egg yolks
12	oz	Granulated or confectionary sugar

Method :

- Mix all together until it makes a firm dough. Roll dough thick - about 1/2 inch. Cut into star shapes with cookie cutters. Bake in a hot oven.
- Makes 42 cookies.

		Flour - it takes about 4 cups

Italian Steak Fiesta

Yield > 1 Servings

Keys : Italian Italy European Mediterranean Hot

Ingredients :

1	lb	Round steak, cut into strips
1	tbl	Oil
1 / 2	lb	Bulk pork sausage
1	can	(8 oz.) tomato sauce
1	tsp	Italian seasoning mix
3 / 4	cup	Apple juice
1 / 4	cup	Each chopped red bell peppers, onion
		Cooked hot buttered noodles
		Parmesan cheese

Method :

- Brown steak in oil and remove. Crumble sausage into small pieces and brown.
- Remove and drain well. Add tomato sauce, juice, onions, peppers and seasonings. Simmer for 10 minutes. Add meats to skillet. Cover and simmer 20 minutes. Serve over hot buttered noodles. Sprinkle with Parmesan cheese.

Italian-Style Walleye

Yield > 4

Keys : Fish Game Walleye Meats Italian Italy European Mediterranean Italian

Ingredients :

1 1 / 2	lb	Walleye fillets
1	can	Tomato sauce - (15 oz)
2	tbl	Chopped fresh parsley
1	tsp	Italian seasoning
1 / 2	tsp	Dried basil
1 / 4	tsp	Salt
1 / 8	tsp	Freshly-ground black pepper
4	oz	Mozzarella cheese shredded

Method :

- Place walleye in a greased shallow 3-quart or 9- by 13- by 2-inch baking dish. Combine tomato sauce, parsley, Italian seasoning, basil, salt and pepper; pour over the fish.
- Bake, uncovered, at 350 degrees for 15 minutes. Sprinkle with mozzarella cheese. Bake 5 to 10 minutes longer or until fish flakes easily with a fork.
- This recipe yields 4 to 6 servings.
- Comments: Herbs and melted cheese dress up these fillets for a quick fish dinner.

Italian Vegetables En Papillote



Yield > 8 Servings

Keys : Vegetables Italian Italy European Mediterranean

Ingredients :

1	lrg	Zucchini, (2 cups) quartered lengthwise and sliced
1	lrg	Yellow squash, (2 cups) quartered lengthwise and sliced
1/2	cup	Grated Parmesan cheese
1 1/2	cup	Sliced mushrooms
1 1/2	cup	Diced tomato
1	cup	Thinly sliced onion
1	tbl	Olive oil
1/2	tsp	Dried oregano
1/2	tsp	Dried basil
1/2	tsp	Pepper
1/4	tsp	Salt

Method :

- Combine all ingredients in a bowl, and toss gently.
- Cut 8 (15-inch) squares of parchment paper. Fold each square in half; open each, and place 1 cup vegetable mixture near the fold.
- Fold parchment paper, and seal the edges with narrow folds; place the packets on baking sheets. Bake at 400 degrees for 20 minutes or until the packets are puffed and lightly browned.
- Yield: 8 servings.
- NOTES : Place the packets on individual servings plates, and cut open; serve immediately.

Jim's Marzetti

Yield > 8 Servings

Keys : Casserole Italian Italy European Mediterranean Italian

Ingredients :

6	oz	Tomato paste
1	lrg	can tomatoes, diced or 3 large fresh tomatoes
1	tsp	Salt

Method :

- In a large skillet, fry up sausage. Drain, soak up extra grease by putting between paper towels.
- Melt butter in the same skillet and saute mushrooms, green pepper onions and garlic, until tender.
- Preheat oven to 350 degrees.
- In large casserole bowl or pan, combine tomato paste, tomatoes, salt, sugar, and 1/2 of the Parmesan cheese.

1	lb	Bulk Italian Sausage
1	sm	Can mushrooms
1	x	Green pepper, chopped
1	cup	Minced onions
1	tbl	Butter
2	x	Cloves garlic, smashed
4	oz	Grated Parmesan cheese

- Add sausage, vegetable mixture and cooked noodles to tomato mixture and stir to combine. (If mixture is too thick, add a small amount of water or tomato juice) Sprinkle remaining cheese on top. Cover with foil and bake for 1 hour. Remove foil and bake an additional 5-10 minutes.
- Kilbourn Instructor
- Note: This dish was made by Virgene's mom when she was just a kid.
- Virgene's mom came over from Italy when she was in her 20's. It was a recipe handed down in her family for years.

Joe Avezzano's Italian Chicken Oven Bake

Yield > 1

Keys : Poultry Italian Italy European Mediterranean

Ingredients :

5	x	skinless boneless chicken breasts
5	x	sweet Italian sausages in casings
2	x	green bell peppers, sliced
1	lrg	onion, sliced
6	x	new red potatoes
3	tbl	olive oil
		salt and pepper, to taste

Method :

- Rinse chicken breasts and place in casserole pan. In heavy skillet, put olive oil. Cut Italian sausages into thirds. Put sausages, onion, and green bell peppers into skillet and fry until the sausage is almost completely done. Pour sausage, green pepper, and onion mixture over chicken breasts. Add new potatoes on top of this. If your red potatoes are larger, you may slice them, but leave on the skin of the potato. Cover casserole with foil or lid and bake at 375 degrees for 1 hour. Take foil or lid off for last 15 minutes of baking.

Joe Penny's Lasagna



Yield > 6 Servings

Keys : Cheese Eggs Pasta Italian Italy European Mediterranean

Ingredients :

2	x	28 oz cans tomatoes
2	x	5 1-2 oz cans tomato paste
2	cup	Water

Method :

- Combine the first 7 ingredients in a large pot and simmer 15 minutes.
- Saute' ground beef and garlic in a little oil. Add to tomato sauce. Cover and let simmer 3 hours on low heat, stirring occasionally. Brown sausage and slice in rounds. Preheat oven

1 / 2	tsp	Basil
1 / 8	tsp	Crushed red pepper
1 / 2	tsp	Salt
1	tsp	Sugar
1	lb	Lean ground beef
1	x	Clove garlic, minced
1	lb	Sausage
1	lb	Lasagna noodles
1	lb	Ricotta cheese
1	x	Egg
1	tbl	Parsley
1	cup	Grated Parmesan cheese

to 325 degrees. Cook noodles until al dente. Combine ricotta, egg and parsley in a bowl. Spread 1/3 of sauce on the bottom of a 12x8" baking dish. Arrange alternately layers of noodles, ricotta, sausage, sauce and Parmesan, ending with Parmesan. Bake uncovered for 45 minutes. Let sit 5 minutes before serving.

- Serves: 6 to 8

Kai's Spinach Pie

Yield > 6

Keys : Pies Casseroles Main Low Calorie Fat Free Diet Italian Italy European Mediterranean

Ingredients :

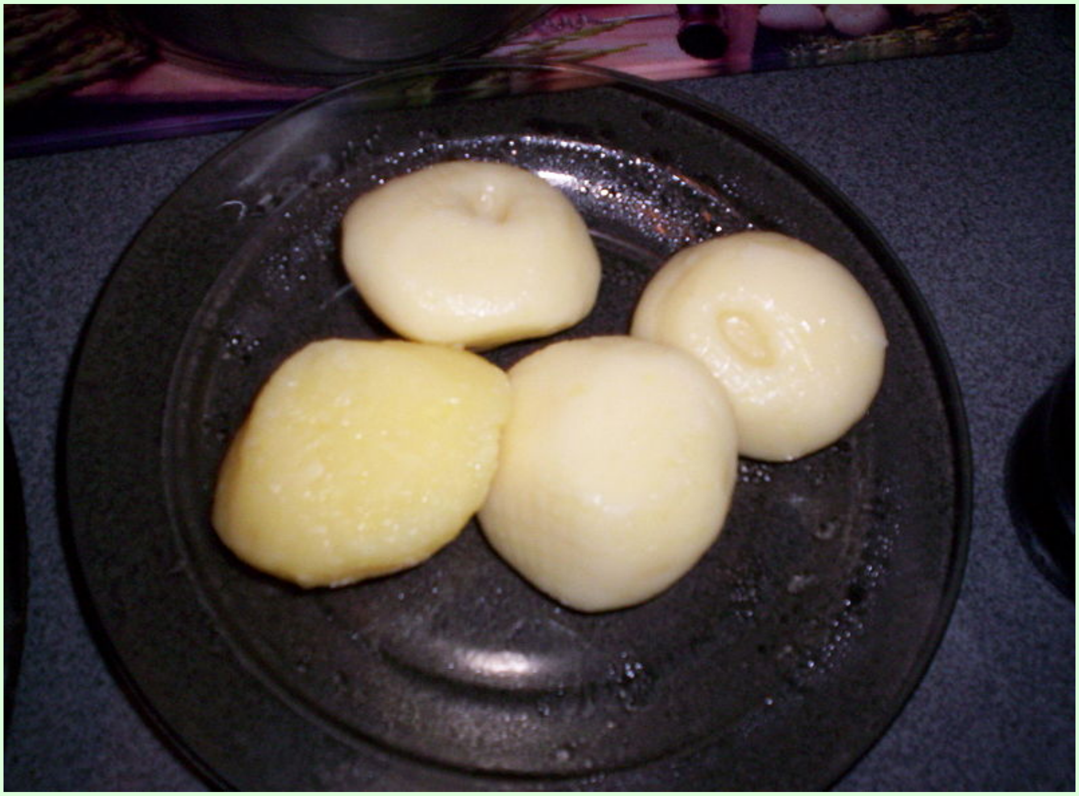
2	pkt	Fresh spinach
1	pkt	Fresh mushrooms
1	lrg	Onion
5	x	Egg whites or substitute
8	oz	Fatfree cheddar cheese grat
8	oz	Fatfree mozzarella cheese g
1	tsp	Pepper
1	x	Phyllo dough *see note

Method :

- Spinach and wash. Cut onions and saute in water until tender. Wash and slice mushrooms and add to the onions (cook until all water evaporates).
- Remove onions & mushrooms from heat a put in a large bowl. Saute spinach in water tossing frequently until all liquid evaporates. Mix onions/mushrooms & spinach together in bowl & make sure onions and mushrooms are evenly distributed throughout the spinach. Beat egg whites lightly. Add grated cheese to egg mixture and mix thoroughly. Add spinach mixture to egg and cheese mixture and stir until mixed well.
- CRUST: The dough is paper thin and you use many layers. I use a rectangular glass baking dish, sprayed lightly with - PAM. Quickly layer 5-7 sheets on the bottom of the dish spraying each layer lightly with Pam.
- Then put half of your spinach mixture on top. Put another 5-7 sheets of Phyllo. Then the last of your spinach mixture. Top with 10 to 15 sheets of phyllo, sprayed lightly with Pam between each layer. Remove any excess dough around the edges. Moisten your fingertips and seal around the edges like a normal pie crust. Spray top lightly with Pam. Using a sharp knife cut through the top layer in the pattern you want. (ie: I cut rectangular pattern that is the size of the pieces I will ultimately cut.) In the Greek desert, Baklava they cut diamond shapes. Bake in 400-425 deg. F. oven for 30 min.
- WARNING: Phyllo dough is sooooo thin it is a little hard to work with because it dries out in about 2 seconds and sticks together. There are hints on the box on how to keep it moist.
- Use HEALTHY CHOICE FAT FREE grated cheeses. Their cheese is real cheese made with skim milk, it tastes and melts the same (at least in this recipe) as high fat cheeses which is not true for other brand name Fat Free Cheeses I have tried.

- This is really good!

Kluski



Yield > 1

Keys : Italian Italy European Mediterranean

Ingredients :

6	x	eggs, beaten
1	pch	salt
3	dsh	vinegar, approximately
1 / 8	cup	cold water
		all-purpose flour, as needed

Method :

- Beat together eggs, salt, vinegar, and water. Add flour till thickened. Drop into boiling water or soup from spoon. Done when they float to the surface.

Kugel with Cherve, Scallions and Chives



Yield > 1

Keys : Ethnic Cheese Side Italian Italy European Mediterranean

Ingredients :

1	lb	wide egg noodles
3 / 4	lb	creamed cottage cheese
1 / 2	lb	fresh chevre, (goat cheese), crumbled
1	cup	sour cream
1	cup	finely chopped scallions, w/some green
1	tbl	minced fresh chives, (1 to 2)
2	tsp	kosher salt
1	tsp	freshly ground pepper
1 / 2	cup	unsalted butter, melted (1 stick)
6	lrg	eggs, beaten

Method :

- Preheat oven to 350. Thoroughly butter a 12x9 baking dish. Bring a large pot of salted water to a brisk boil. Add noodles and cook just until tender, about 10 minutes. Drain thoroughly and cool. In a large mixing bowl, blend cottage cheese, chevre, and sour cream. Add scallions, chives, salt and pepper, melted butter and beaten eggs. Blend thoroughly. Fold in noodles and blend well. Pour into the prepared baking dish. Bake for 1 hour or until knife inserted in center comes out clean. Let stand 5 minutes before serving.

La Forchetta's Puttanesca



Yield > 1 Servings

Keys : Ethnic Main Dish Appetizers Italian Italy European Mediterranean

Ingredients :

2	cup	Garlic , finely minced
2	tsp	Olive oil, extra virgin
2	x	Anchovies
4	x	Capers
6	x	Black olives, sliced
4	x	Mushrooms , sliced
2	x	Plum tomatoes , largely dic
1	x	Italian herb , blend to tas
1	tsp	Oregano
1	tsp	Red wine.

Method :

- Greetings! While I eat anchovies in small, infrequent amounts but I do succumb to the temptation from time to time. For Susan, Carol and all anchovy with pasta lovers, here is my entry. A variation has been posted earlier but mine is the one which has earned me) rave reviews. Enjoy. (By the way, Susan, did you ever catch my posting of my mussel recipe?) (Each serves one to 1 1/2 persons so adjust accordingly, with individual taste in mind.) 1 serving a thick pasta, like fettacine or thick spaghetti or pasta of choice. In a large skillet, saute garlic in the olive oil slowly until limp. Add herbs and saute until well mixed and blended. Add remaining ingredients slowly and over a low-med. Heat. Add the wine last. Cook the pasta to al dente and then coat with a dash of additional olive oil. Gently fold the mixture until blended and then serve immediately. Serve with a dark green salad and a good red wine. An sprinkle of romano & parm.
- cheese.

Lamb En Chilindron



Yield > 4

Keys : Lamb Main Dish Meats Italian Italy European Mediterranean

Ingredients :

2 1/2	lb	Lamb shoulder
1	cup	Red wine
1	tbl	Chopped fresh rosemary
		Salt to taste
		Freshly-ground black pepper to taste
4	tbl	Extra-virgin olive oil
2	x	Spanish onions chopped 1/4" dice
6	x	Garlic cloves thinly sliced
2	x	Chiles choriceros stemmed, seeded,
		and cut 1/2" wide strips
		(you may substitute ancho chiles)
4	x	Pimentos cut 1/2" strips
1	tbl	Paprika fuerte (hot paprika from Spain)
1	cup	Chopped fresh tomatoes
1 1/2	cup	Dry red wine

Method :

- Cut lamb into 1-inch cubes and place in bowl with red wine and rosemary and toss to coat. Let stand at least six hours, covered and refrigerated.
- Remove lamb and pat dry. Save marinade. Season lamb with salt and pepper.
- In a 14-inch cazuela, heat oil until smoking. Brown meat well on all sides, 5 to 6 pieces at a time. Remove meat and add onions, garlic, chilis, pimento and paprika and cook until softened, about 10 to 12 minutes. Add tomatoes, wine and strained marinade and bring to a boil. Add lamb pieces and return to boil. Lower heat to simmer for 2 hours. Season with salt and pepper and serve in cazuela.
- This recipe yields 4 servings as a main course.

Layered Italian Casserole



Yield > 1 Servings

Keys : Casseroles Italian Italy European Mediterranean

Ingredients :

1	lb	Ground beef
1 / 2	cup	Chopped onion
1	sm	Clove of garlic
1	can	(8 oz) tomato sauce
2	tbl	Parsley
1 / 2	tsp	Oregano
8	oz	Spaghetti, cooked & drained
2	cup	Cottage cheese
8	oz	Mozzarella cheese, sliced
1 / 2	cup	Grated parmesan cheese

Method :

- Preheat oven to 350 degrees. Brown beef, onion, garlic and drain fat. Stir in tomato sauce, parsley, oregano. In a 8X12-inch shallow pan, layer spaghetti, meat sauce, cottage cheese, mozzarella, and finally top with Parmesan cheese. Bake for 30 minutes.

Linguine with Gorgonzola Sauce



Yield > 6 Servings

Keys : Cheese Pasta Italian Italy European Mediterranean Italian

Ingredients :

3	tbl	Butter
1	cup	Whipping cream
1 / 2	lb	Gorgonzola cheese, crumbled
1 / 3	cup	Parmesan cheese, grated
1	lb	Linguine, cooked and drained
1	tbl	Fresh parsley, chopped

Method :

- Melt butter in large saucepan over low heat. Add cream and heat gently. Add Gorgonzola cheese; stir until smooth. Add parmesan and linguine. Toss gently and thoroughly until well heated. Sprinkle with parsley and serve at once.
- NOTES : This is a nice alternative to Fettuccine Alfredo.

Macaroni a L'italienne



Yield > 2 Servings

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

1	cup	Milk
1	tbl	Flour
2	tbl	Butter
1	tsp	Salt
		Freshly ground pepper
		ds Cayenne
2	tbl	Whipping cream
4	oz	Cheddar cheese, shredded
1	tbl	Ground mustard (opt)
1 / 4	lb	Macaroni

Method :

- An early recipe for macaroni served with a sauce, rather than baked.
- Scald milk in double boiler. In bowl, rub flour and butter together and whisk into milk. Stir over heat until thickened. Stir in salt, pepper to taste, cayenne, cream, cheese and mustard. (This can also be done in saucepan, if watched carefully.)
- Cook macaroni according to package directions. Drain well and arrange in serving dish. Stir in sauce and serve.

Marinated Olive Salad with Shaved Fennel and Parmesan

Yield > 4

Keys : Appetizers Salads Dressings Herbs Cheese Italian Italy European Mediterranean

Ingredients :

1 / 2	cup	Picholine olives
1 / 2	cup	Nicoise olives
1 / 2	cup	Gaeta olives
1 / 2	cup	Cracked Sicilian olives
5	tbl	Chopped fresh oregano leaves
1	x	Fennel bulb
		Juice of one lemon
1 / 4	lb	Parmesan cheese in a large piece

Method :

- Mix picholine, nicoise, gaeta and cracked Sicilian olives together in large mixing bowl. Toss in fresh oregano and let stand.
- Shave fennel bulb on a slicer or slice as thin as possible with a kitchen knife. Add fennel to olives and toss with lemon juice to mix well. Place in large serving bowl.
- Shave parmesan over top of salad with vegetable peeler and serve.
- This recipe yields 4 servings.

Marinated Steak Italian



Yield > 4 Servings

Keys : Beef Main Meats Italian Italy European Mediterranean

Ingredients :

3 / 4	cup	Wish-Bone Italian dressing
2	lb	T-boneless sirloin or top loin steak (up to 2-1/2)

Method :

- In shallow dish, pour 1/2 cup dressing over steak. Cover and marinate in refrigerator, turning occasionally; 30 to 24 hours. Remove steak from marinade. Grill or broil, turning and brushing frequently with remaining dressing until done.

Marlin Involtini Messinese

Yield > 1 Servings

Keys : Fish Ocean Main Dish Marlin Italian Italy European Mediterranean

Ingredients :

8	slc	Marlin, each about 1/4" thick, (about 2 pounds)
4	tbl	Virgin olive oil

Method :

- Preheat oven to 450 F.
- Flatten each piece of Marlin between sheets of oiled wax paper or aluminum foil until 1/8-inch thick and lay out on a cool surface.

1	med	Spanish onion, chopped, 1/8-inch dice
2	x	Salted anchovies, rinsed, filleted
2	tbl	Pine nuts, plus 1/4 cup
2	tbl	Currants, plus 1/4 cup
2	x	Oranges, zested
1	cup	Bread crumbs
1/2	cup	Parsley leaves
2	cup	Basic tomato sauce
1/4	cup	Sicilian black olives
2	tbl	Hot chilies
1/2	cup	White wine

- In a 12- to 14-inch saute pan, heat 4 tablespoons olive oil until smoking and add Spanish onion, anchovies, 2 tablespoons pine nuts, and 2 tablespoons currants. Cook until onion has softened and lightly browned and add orange zest and bread crumbs. Cook 5 minutes more until crumbs have toasted, remove from heat and allow to cool. Add parsley and stir through.
- Divide the crumb mixture among the Marlin pieces and roll up like a jelly roll and secure it with a toothpick.
- In a 2 quart saucepan, stir together tomato sauce, remaining pine nuts, currants, Sicilian olives, hot chilies and white wine and bring to a boil.
- Pour sauce into an oven-proof earthenware dish and arrange involtini over and in sauce. Place in oven and bake 25 minutes, until fish is cooked through. Remove and allow to rest 10 minutes before serving.
- Yield: 4 servings

Mary's Italiano Quiche



Yield > 4 Servings

Keys : Quiche Family Italian Italy European Mediterranean

Ingredients :

1	x	10" pie crust, unbaked
3	oz	Pepperoni sausage, thinly sliced, halve
1/2	sm	Green pepper, chopped
1/2	sm	Maui onion, chopped
1/3	lb	Fresh mushrooms, sliced
1	tbl	Butter
1/2	tsp	Oregano
1/2	tsp	Fennel seed
1	cup	Mozzarella cheese, shredded
3	lrg	Island eggs
1 1/2	cup	Half and half
		Salt, to taste
		Freshly ground black pepper, to taste
1/4	cup	Mozzarella cheese, additional

Method :

- Line pie pan with pastry. Trim edges and flute. Bake 400 for 6-7 minutes.
- Remove from oven; set aside. In small skillet, cook pepperoni, green pepper, onion and mushrooms in butter until tender. Stir in oregano and fennel seeds. In pastry shell, layer 1 cup mozzarella cheese, top with pepperoni mixture. In medium bowl, combine eggs, half-and-half, salt and pepper. Beat with fork until mixed well but not frothy. Pour over pepperoni mixture in pastry shell. Bake 375 for 25-30 minutes or until knife inserted off center comes out clean. Sprinkle with remaining 1/4 cup mozzarella cheese. Bake 2 minutes longer or until cheese melts. Let stand 5 minutes before serving.
- Yield: 4-6 servings.

Mezzalune of Goat Ricotta Cheese with Green Onion Sauce

Yield > 4

Keys : Main Dish Pasta Game Meats Cheese Italian Italy European Mediterranean

Ingredients :

1	x	recipe Green Pasta see * Note
8	oz	Fresh goat ricotta cheese room temperature
1/4	cup	Freshly-grated Parmesan cheese plus
4	tbl	Freshly-grated Parmesan cheese
1/4	cup	Finely-chopped Italian flat-leaf parsley
1	lrg	Egg
		Salt to taste, plus
1	tbl	Salt for cooking pasta
1	pch	Ground nutmeg
1/4	cup	Thinly-sliced green onions
6	oz	Sweet butter

Method :

- To make the filling: Mix softened goat cheese with 1/4 cup of the grated Parmesan cheese, chopped parsley, egg, pinch of salt, and a pinch of ground nutmeg until well blended with a moist, paste-like consistency.
- Bring 4 quarts of water to a low boil and add the remaining 1 tablespoon salt.
- Roll out all of the Green Pasta dough with pasta rolling machine until the dough is about 1/16-inch thick. Using a large water glass or a wine glass that is about 3 inches in diameter, cut the pasta dough into rounds. Cover the rounds with a damp dish towel. Re-roll the remaining dough into a ball and pass through the pasta machine again until the pasta sheet is 1/16-inch thick. Repeat cutting the dough into 3-inch rounds until all the dough is used.
- Fill each round with 1/2 tablespoon of filling. Fold each round in half and pinch closed, trying to remove any air pockets. Continue this until all pasta rounds are completed. Place the mezzalune in boiling water and slowly boil for 2 minutes, just until the pasta is tender.
- Meanwhile place 6 tablespoons of butter in a large pan and melt until liquid. Add scallions and saute until just soft, about 1 minute. Using a slotted spoon, remove the mezzalune from the water and gently toss into the pan with the butter and scallion mixture. Add the remaining 4 tablespoons Parmesan cheese and simmer for 30 seconds. Place on a large warm serving platter and serve immediately.
- This recipe yields 4 servings.

Mickey Rooney's Easy Baked Eggplant

Yield > 4

Keys : Italian Italy European Mediterranean

Ingredients :

2	sm	eggplant, cut in 1/2 inch
		sl
2	tbl	cooking oil
1	pkt	Italian herb mixture
15	oz	tomato sauce

Method :

- Marinate for of the garlic cloves (minced) overnight (or for 8 hours) in the tomato sauce, herb mixture and wine. Then coat a medium-size casserole pan with the oil and layer the eggplant, sprinkled with remaining 2 minced garlic cloves. Pour 3/4 of the tomato mixture over eggplant and layer mozzarella cheese on top. Add remaining tomato mixture. Sprinkle with minced parsley.
- Bake at 350F for 45 minutes.

6	x	garlic cloves, minced
1 / 4	cup	cooking wine

Mozzarella Parmigiana



Yield > 6 Servings

Keys : Cheese Eggs Italian Italy European Mediterranean

Ingredients :

1 / 2	cup	Flour
3	x	Eggs beaten
1	cup	Italian style bread crumbs
1	cup	Oil
16	oz	Pkg. mozzarella cheese, cut into 8 slices, lengthwise
4	oz	Mozzarella cheese shredded
3	tbl	Grated locatelli cheese
2	cup	Spaghetti sauce

Method :

- Coat cheese slices in flour, dip in egg and bread crumbs then in egg and bread crumbs again. Fry in hot oil until browned a minute or two on each side.
- Spray baking dish with Pam, spoon small amount of spaghetti sauce on bottom of baking dish, put layer of fried moazzarella cheese in baking dish.
- Sprinkle with grated locatelli cheese and shredded mozzarella cheese. Top with the rest of the sauce and bake at 375 degrees for 20 minutes. Serve immediately.

Mystic Pizza Abm

Yield > 6 Servings

Keys : Italian Italy European Mediterranean

Ingredients :

3/4	cup	Water, plus
3	tbl	Water
1	tsp	Olive Oil
1	tsp	Salt
1	tsp	Sugar
2 1/2	cup	Flour
2	tsp	Yeast
TOPPINGS		
2	tbl	Olive Oil
		Salt
		Pepper
1 1/2	cup	Pizza Sauce
1 1/2	cup	Mozzarella Cheese, grated

Method :

- Place all dough ingredients in machine and program for knead and first rise. Press start. When dough is finished, transfer to floured work surface and let it rest for 5 minutes. Preheat the oven to 400 F. Roll dough to 11" circle and transfer to baking sheet or pizza peel. Brush the olive oil over the surface of the dough and then shake on salt and pepper. Spread sauce over the surface and top with mozzarella. Bake the pizza for 20 minutes.
- Smith

Nancy's Fabulous Muffaletta Sandwiches

Yield > 6 Servings

Keys : Italian Italy European Mediterranean

Ingredients :

3	lrg	Garlic cloves, crushed
1	cup	Chopped green olives stuffed with pimientos
1	cup	Pitted and chopped "black-ripe" olives or Calamatas
1/2	cup	Roasted sweet red peppers, chopped
1	cup	Olive oil
3	tbl	Chopped fresh parsley
2	tbl	White wine vinegar
1/3	lb	Salami
1/2	lb	Provolone Cheese
1/2	lb	Mild Cheese
1/3	lb	Mortadella Cheese
1/3	lb	Prosciutto

Method :

- The roasted red peppers are Italian-style, available at many Italian delis.
- When you're ready for a sandwich the next day, assemble the following:
- One loaf fresh Italian bread (one big round for a monster, individual hero
- (grinder, sub,...) loaves will do fine for smaller sandwiches)
- Cut the loaf (loaves) in half, and scoop out a little of the inside to make some room. Drizzle some of the olive oil and juice from the olive salad on each side of the open loaf - use plenty. On the bottom, place some salami, olive salad, provolone, mild cheese, and mortadella. Top with the other half loaf. Slice into wedges (or eat the individual loaves).

Nancy Walker's Linguini with Lobster

Yield > 6

Keys : Pasta Seafood Celebrity Wine Alcoholic Italian Italy European Mediterranean

Ingredients :

2	med	onions, chopped
2	x	garlic cloves, pressed
1/4	cup	olive oil
1	can	Italian plum tomatoes, 35 oz
6	oz	tomato paste
1/4	cup	parsley, chopped
2	sprg	fresh mint
2	tbl	salt
1	tsp	sugar
3/4	tsp	basil
1/2	tsp	crushed red pepper
1/4	tsp	oregano leaves
3	qt	water, boiling
8	oz	linguini
6	x	frozen lobster tails, (8 oz, each), slightly froz
1/2	cup	dry red wine

Method :

- Sauteeonion and garlic in hot oil in 4-quart Dutch oven until tender. Stir in undrained tomatoes, tomato paste, parsley, mint, 1/2 tsp. of the salt, sugar, basil, red pepper and oregano. Heat to boiling. Reduce heat to low and simmer, uncovered, for 35 minutes, stirring occasionally. Meanwhile, gradually add linguini and rest of salt to rapidly boiling water so water continues to boil.
- Cook, uncovered, stirring occasionally, until tender. Drain in colander and keep warm. Cut each lobster in half lengthwise with a sharp knife. Add lobster and wine to tomato mixture. Cover and continue cooking, spoon sauce over lobster for 10-15 minutes, or until shells turn pink and fork tender.
- To serve: Place linguine in 6 individual soup bowls; keep warm. Cook sauce, stirring frequently, 5 or more minutes, or until slightly thickened. Ladle sauce over linguini and lobster. Sprinkle with glazed Parmesan cheese as desired. Serve 6.

Noodles Alfredo



Yield > 4

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

1	lb	fettuccine
1/4	tsp	oregano
1 1/2	cup	sliced mushrooms

Method :

- Melt butter in a small saucepan. Add mushrooms, salt, pepper, oregano and garlic. Sauteefor five minutes. Add cream and cook for two minutes, stirring occasionally. Drain fettuccine and place in a warm bowl. Add hot sauce and both cheeses and toss gently.

1 / 2	tsp	garlic powder
1 / 2	cup	butter
1 / 2	cup	light cream
1 / 4	tsp	salt
1 / 4	cup	grated mozarella
1 / 4	tsp	pepper

Oatmeal Pizza Dough



Yield > 1 Servings

Keys : Breads Italian Italy European Mediterranean

Ingredients :

1 1 / 4	cup	Bread flour or unbleached flour
2	tbl	Bread flour or unbleached flour
1 / 3	cup	Quick-cooking oats or oat bran
1 1 / 2	tsp	Rapid Rise Yeast
1	tsp	Sugar
1 / 4	tsp	Salt
1 / 2	cup	Skim milk or water plus

Method :

- 1. Place 3/4 cup of the flour and all of the oats or oat bran, yeast, sugar, and salt in a large bowl, and stir to mix well. Place the milk or water in a small saucepan, and heat until very warm (125 to 130 degrees F).
- Add the milk to the flour mixture, and stir for 1 minute. Stir in enough of the remaining flour 2 tablespoons at a time, to form a soft dough.
- 2. Sprinkle 2 tablespoons of the remaining flour over a flat surface and turn the dough onto the surface. Knead the dough for 5 minutes, gradually adding just enough of the remaining flour to form a smooth satiny ball. (Be careful not to make the dough too stiff, or it will be hard to roll out.)
- 3. Coat a large bowl with nonstick cooking spray, and place the ball of dough in the bowl. Cover the bowl with a clean kitchen towel, and let rise in a warm place for about 35

2	tbl	Skim milk or water

minutes, or until doubled in size.

- 4. When the dough has risen, punch it down, shape it into a ball, and turn it onto a lightly floured surface. The dough in now ready for shaping, topping, and baking.

Olive All' Ascolana



Yield > 1

Keys : Appetizers Italian Italy European Mediterranean Warm

Ingredients :

20	x	jumbo Italian olives from Ascoli
1/2	lb	Italian fennel salami
2	x	Eggs
1/2	cup	Flour
1/2	cup	Bread crumbs
2	cup	Olive oil for frying

Method :

- Heat oil to 375 degrees.
- Pit olives carefully. Chop and crumble the salami, or chop in a food processor until quite fine Stuff 1 teaspoon chopped salami into each olive.
- Set up breading station with eggs, cracked and beaten in one plate, flour in a second plate and bread crumbs in a third. Roll olives in egg, then flour and bread crumbs. Fry olives until golden-brown. Serve warm as an aperetivo.

Orecchiette Made From Eggless Pasta

Yield > 1

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

2	cup	Semolina flour
2	cup	All-purpose flour
1	cup	Tepid water to 1 1/4 cups

Method :

- Place both types of flour in a large mixing bowl and stir to mix well. Make a well in the center of the flour mixture and add water a little at a time, stirring with your hands until a dough is formed. You may need more or less water, depending on the humidity in your kitchen.
- Place the dough on a floured work surface and knead it like bread for 8 to 10 minutes until smooth and elastic. Cover and let stand for 10 minutes at room temperature.
- Roll dough into long dowels about 3 to 4 inches thick. Cut into flat disks about 1/4-inch to 1/2-inch thick. Press center of each disk with thumb to form saucer-shaped pasta and set aside until ready to cook.
- This recipe yields enough pasta for 4 servings.

Osso Buco



Yield > 6 Servings

Keys : Meats Main Dish Italian Italy European Mediterranean

Ingredients :

2	oz	Butter
1/2	cup	Thinly sliced onion
2	lrg	Veal shanks (5 1/2-to-6 lb) cut in 3 pieces each
		Flour for dredging
		Salt
		Freshly ground black pepper
1/2	cup	White wine
1	tbl	Tomato paste, dissolved in
1/2	cup	Water
1	lrg	Clove garlic, minced
1	tbl	Minced parsley
1/2	x	Lemon, Grated peel only

Method :

- The garlic-parsley-lemon peel finish is called "gremolata" and is classic.
- The hollow bone (osso buco) of the veal shanks gives this dish its name.
- MELT THE BUTTER in a large casserole. Add the sliced onion and saute over medium heat until soft and just beginning to color (about 10 minutes). With a slotted spoon, remove the onion to a plate and press it against the plate to extract its juices and let them run back into the pan. Discard the onion. Dry the veal pieces with paper towels. Flour them lightly and brown them over medium heat in the onion-flavored butter. Salt and pepper the pieces, raise heat to medium-high and pour on half the wine. After a moment, turn the pieces of veal over, salt and pepper the other sides. Pour on the rest of the wine when the first half has evaporated. When all the wine has evaporated, arrange the veal pieces so that the wide marrow opening is up. Add the diluted tomato paste, cover, and cook over low heat about 1 1/2 hours, or until the veal is tender. During that time, move the pieces around to prevent them from sticking, and baste them occasionally with their cooking juices, using a bulb baster, but don't turn them over lest the marrow dissolve and run out. (You can add a tablespoon or 2 of warm water if the sauce seems to be drying out-but the veal will probably exude plenty of its own juices after the first half hour of cooking.) While the veal is cooking, finely chop together the garlic, parsley and lemon.
- Five minutes before serving, stir it into the casserole. Classically, this dish is served with risotto Milanese, made with saffron and Parmesan cheese, but any simple rice or pasta preparation will do.

Overnight Cheese Noodle Kugel



Yield > 1

Keys : Italian Italy European Mediterranean

Ingredients :

		butter, margerine or pam, to grease the pan
8	oz	flat, wide noodles
3	x	eggs
1/2	cup	sugar
2	cup	skim milk

Method :

- Grease a 9 x 9 inch baking pan. Arrange the raw noodles on the bottom of the pan. In a large mixing bowl, beat the eggs and sugar until light; add the milk; beat together. Stir in the cottage cheese and raisins. Pour the mixture over the noodles, then cover and refrigerate overnight.
- Before baking, sprinkle cinnamon sugar on the top. Bake for 1 hour and 15 minutes in a 350F oven, the first half of the cooking time covered and remainder of the time uncovered.

1 / 4	cup	raisins

Paella Alla Valenciana



Yield >	8

Keys : Main Dish Paella Italian Italy European Mediterranean Hot

Ingredients :

8	cup	Chicken stock
1 / 2	tsp	Saffron
1 / 2	cup	Extra-virgin olive oil
1	x	Rabbit - (2 1/2 to 3 lbs) cut 8 pieces
8	x	Chicken thighs
		Salt to taste
		Freshly-ground black pepper to taste
1	lb	Chorizo sausage cut 8 pieces
1	x	Spanish onion chopped 1/2"

Method :

- Heat chicken broth with saffron to a boil and keep warm.
- On to an open fire of grapevine clippings, or a hot grill, or two burners on a stove, place an 18-inch to 22-inch paella pan. Place 1/2 cup oil in pan and heat. Season the rabbit pieces and chicken, place into pan, brown well and remove. Add chorizo, onion, green and red pepper, garlic, tomatoes, paprika, peas, beans, pimentos and stir over medium heat for 4 to 5 minutes. Add rice and stir it around for 3 to 4 minutes. Add all chicken stock and place in rabbit and chicken pieces and olives and cook without stirring until rice is done and liquid is absorbed, about 20 minutes. Serve hot and now.
- This recipe yields 8 servings.

1	x	Red bell pepper cut 1/2" dice
1	x	Green bell pepper cut 1/2" dice
10	x	Garlic cloves thinly sliced
4	x	Tomatoes chopped 1/2" cubes,
		juice and seeds reserved
3	tbl	Spanish paprika
1/2	cup	Peas shucked
1/2	cup	Romano wax beans cut 1" lengths
2	x	Pimentos roasted, and
		cut in 1/2" wide strips
3	cup	Short-grain Spanish or Italian arborio
		rice

Pappardelle with Duck Ragu Pasta



Yield > 4

Keys : Duck Main Dish Pasta Poultry Game Meats Bird Italian Italy European Mediterranean

Ingredients :

2 1/2	cup	All-purpose flour
1	tsp	Salt
1/8	cup	Virgin olive oil
2	x	Eggs
1	tbl	Cool water to 4 tbsps
1/2	cup	Pomace olive oil for frying
SAUCE		
4	x	Duck legs and thighs skin removed
4	tbl	Virgin olive oil
1	med	Spanish onion chopped 1/4" dice

Method :

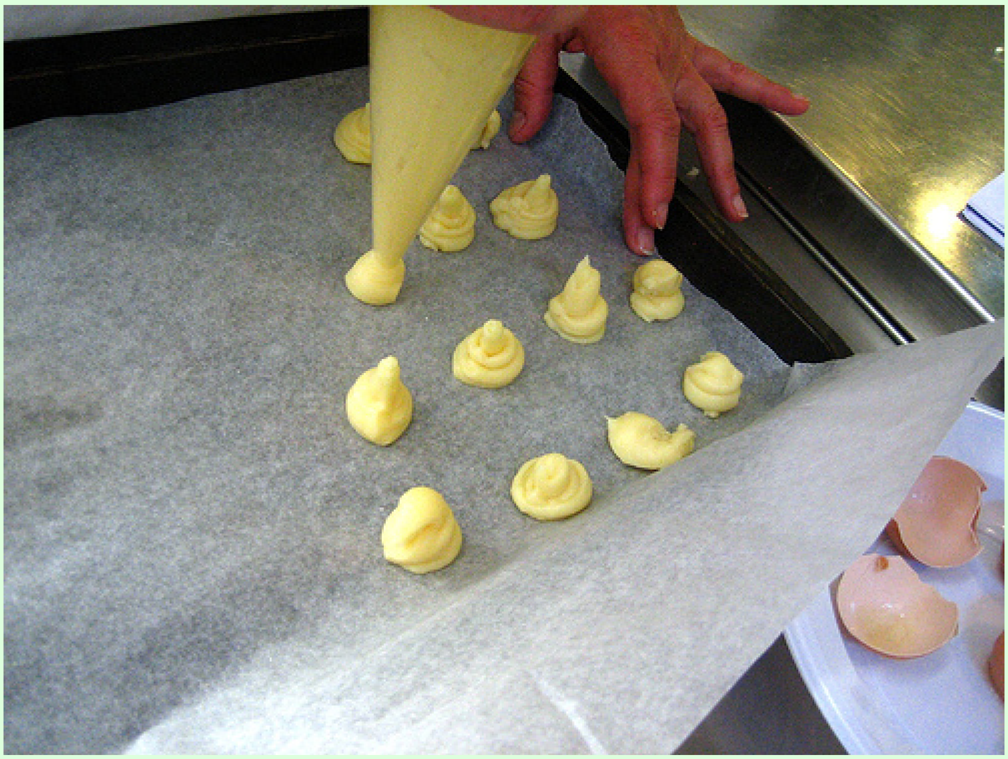
- Pasta: Stir together flour and salt and add olive oil, stirring with a whisk. Add eggs and mix with hands until sticky. Add water 1 tablespoon at a time until dough stays together. Knead 5 to 8 minutes until pliable. Cover and allow to rest 15 minutes.
- Ragu: Wash duck legs and remove all fat. Pat dry. In a thick-bottomed casserole or Dutch oven, heat olive oil until smoking. Add duck legs and cook until brown on all sides and remove, about 10 to 12 minutes. Add onion, carrot, garlic and celery and cook until softened, about 7 to 9 minutes. Add wine, tomatoes, chicken stock and dried mushrooms and bring to a boil. Add duck legs and return to boil, lower heat, cover and allow to simmer for 1 hour. Remove duck legs and allow to cool. Pull all meat off the bones and return to pot, without the bones. Simmer uncovered for 30 minutes, or until quite thick. Season with salt and pepper and set aside.
- In a large pot, bring 6 quarts of water to boil and add 2 tablespoons salt. Roll the pasta dough out to its thinnest setting and then cut by hand into pappardelle, about 1- to 1 1/4-inch thick.
- Heat 2 cups duck ragu in a 12- to 14-inch saute pan until

1	med	Carrot peeled, chopped fine
2	x	Garlic cloves peeled, sliced thin
1	x	Celery stalk chopped 1/4" dice
8	oz	Red wine (Chianti preferred)
1	lb	Canned tomatoes peeled whole
1	cup	Chicken stock

quite hot. Boil pappardelle until cooked, about 1 minute and drain well. Put hot pappardelle into pan with duck ragu and toss well. Pour into serving bowl and serve immediately.

- This recipe yields 4 servings.

Parisian Gnocchi



Yield > 40

Keys : Pasta Miscellaneous Italian Italy European Mediterranean

Ingredients :

1	cup	1% low-fat milk
1	tbl	margarine
1/2	tsp	salt
1	cup	all-purpose flour

Method :

- Combine first 3 ingredients in a large saucepan; bring to a boil over medium heat, stirring frequently. Remove from heat; gradually add flour, stirring vigorously with a wooden spoon until mixture leaves sides of pan and forms a ball. (Dough will be dry and crumbly.) Let cool 3 minutes. Add eggs and egg whites, one at a time, beating after each addition. (Dough will not be smooth.) Spoon dough into a pastry bag fitted with a 1/2-inch round tip; set aside. Bring 14 cups of water to a boil in a large Dutch oven. Pipe half of dough

2	x	eggs
2	x	egg whites

directly into boiling water, cutting dough with a sharp knife every 2 inches to form 20 gnocchi. Cook 2-1/2 minutes. Remove gnocchi with a slotted spoon, and place in a colander to drain; repeat procedure with remaining dough.

- Yield: 40 gnocchi (serving size: 10 gnocchi).

Pear and Gorgonzola Pasta with Toasted Pecans

Yield > 4

Keys : Cheese Nuts Entree Italian Italy European Mediterranean

Ingredients :

12	oz	dried spaghetti
16	oz	pears, soft-ripe
1	tbl	fresh lemon juice
1	cup	crumbled gorgonzola, (5 oz.)
1/2	cup	chopped Italian parsley
1/2	cup	chicken broth
1/2	tsp	cornstarch
2/3	cup	pecans halves, toasted
		salt and pepper

Method :

- Pears: Bartlett, red Bartlett, or d'Anjou pears (1/2 lb. each). For the best flavor and texture, choose pears ripe enough to yield to gentle pressure near the stem. Blue-veined cheeses such as gorgonzola and cambozola have a rich, nutty flavor; Danish blue tastes sharper. The American blue cheese is sharper.
- This pasta entree was first tried at Ristorante Ecco in San Francisco.
- 1. Half fill a 5- to 6-quart pan with water, and bring to a boil over high heat. Add spaghetti and boil, uncovered, until barely tender to bite, 7 to 9 minutes. Drain; return to pan.
- 2. Meanwhile, cut each pear lengthwise into eighths, core pieces, and slice them crosswise 1/4 inch thick. In a bowl, gently mix the pears, lemon juice, gorgonzola, and parsley; set aside.
- 3. In a 1- to 2-quart pan over high heat, stir broth and cornstarch until boiling. Gently mix into drained spaghetti along with pear mixture. Transfer to a serving dish. Scatter pecans on top, and season to taste with salt and pepper.

Peasant Caviar

Yield > 1 servings

Keys : Fish Italian Italy European Mediterranean

Ingredients :

1	x	Eggplant, (about 1 pound)
2	tbl	Rosemary-tarragon vinegar, (or other flavor of your choice, I use purple ruffles basil vinegar)
2	x	Cloves garlic, finely minced or pressed
1/4	cup	Minced onion

Method :

- Peasant Caviar: From Making and Using Flavored Vinegars, by Glenn Andrews
- (author's notes) This is also known as Eggplant Oriental (among other things), but do call it Peasant Caviar when you serve it. Even dedicated eggplant haters go wild about it. You can serve it with squares of pumpernickel or Melba toast as an appetizer or put it on a bed of lettuce for a salad.
- My notes: my husband hates eggplant and won't touch this with a ten-foot pole. A good friend of mine who grew up in a household rich with Italian cooking loved this and had no idea it was eggplant.

		Salt and pepper to taste

- This is really good warmed and mixed with cooked pasta.
- Place the eggplant in a small pan and bake at 325degF for 2 hours or until collapsed (the eggplant, not you). When it's cool enough to handle, cut a slit in the skin and scoop out the meat. Combine with all the other ingredients. (a food processor makes this simple.) Chill
- Note: original recipe called for 2T oil, which I leave out; however, you might want to add a smidgen of soymilk or tofu to give it some creaminess=85.up 2 U.

Peperonata



Yield > 6 Servings

Keys : Italian Italy European Mediterranean Hot Cold

Ingredients :

3	tbl	Olive Oil
1	x	Clove Garlic
5	x	Sweet peppers, red, green,
		And yellow
3	med	Onions
2	cup	Plum tomatoes
1	tsp	Salt
		Freshly ground black pepper
1/3	cup	Dry white wine

Method :

- Put the olive oil in a large pot (with a cover) over medium heat. Cut the garlic in half, add it to the oil, saute it to a golden brown, and then discard it. Cut the peppers open and discard their cores and stems, and slice them into long thin strips. Cut the onions into quarters and cut off the bit of core at the bottom of each quarter. Add the peppers and onions to the flavored olive oil and cook briskly, stirring constantly. As soon as they start to wilt, add the tomatoes, salt and a few grinds of pepper. Stir well, and when the mixture is back to a boil, reduce the heat and cover the pot. Simmer for 15-20 minutes, stirring occasionally. Then raise the heat, add the wine, stir and boil uncovered 5 minutes, or until the sauce has condensed a bit and the vegetables have cooked. Serve hot or cold.

Pesto



Yield > 1

Keys : Condiments Italian Italy European Mediterranean

Ingredients :

3	tbl	Pine nuts
2	cup	Fresh basil leaves
		(preferably "Picolo Fino")
1	x	Garlic clove
1	pch	Sea salt
1 / 4	cup	Freshly-grated parmigiano cheese
3	tbl	Freshly-grated pecorino cheese
5	oz	Ligurian extra-virgin olive oil

Method :

- In a large stone mortar, place pine nuts, basil, garlic and salt and grind with a pestle until paste. Add cheeses and drizzle in olive oil, beating with a wooden spoon. Store in jars, topped with extra-virgin olive oil.

Porcini Risotto



Yield > 4

Keys : Side Dish Rice Italian Italy European Mediterranean

Ingredients :

1/2	lb	Fresh wild mushrooms
		(such as porcini, shiitake or chanterelle)
1	oz	Dried porcini mushrooms
2	tbl	Olive oil
2	tbl	Unsalted butter
1	lrg	Onion diced
1	tsp	Salt
1	tsp	Freshly-ground black pepper
1	tbl	Chopped garlic
1/4	cup	Brandy
1/2	lb	Arborio rice
1	x	Bay leaf
4	cup	Chicken stock or canned broth warm
1/2	cup	Parmesan cheese

Method :

- Wipe the fresh mushrooms clean with a damp paper towel. Break into bite-sized pieces and reserve. Soak dried porcini in enough boiling water to cover for about 1/2 hour, or until pliable. Drain them, reserving the soaking liquid, and rinse mushrooms under running water. Chop into bite-sized pieces and add to fresh mushrooms. Strain soaking liquid, add to stock and set aside.
- Heat oil and butter in a large saucepan over medium-low heat. Cook onions with salt and pepper until soft and translucent, 7 to 10 minutes. Stir in garlic and cook until aroma is released, about 1 minute. Add mushrooms and saute until golden. Add brandy, turn heat to high, and scrape bottom of pan with a wooden spoon to release brown bits.
- Light alcohol with a match. When flame subsides, add rice and saute until slightly colored, about 1 minute. Add bay leaves and 1/2 cup stock. Bring to a boil, reduce heat to medium, and cook until near dry.
- Once the liquid is evaporated, briefly saute rice. Then, add stock 1/2 cup at a time, constantly stirring with a wooden spoon until absorbed. Repeat procedure, stirring constantly and briefly sauteing between additions, until all stock has been absorbed. You must constantly stir while cooking rice. When done, the rice should be glazed outside and soft throughout. It takes approximately 20 minutes to add all the stock. Stir in Parmesan cheese. Serve immediately.
- This recipe yields 4 to 6 servings.

Pumpkin Soup (Zuppa Di Zucca)



Yield >	6

Keys : Italian Italy European Mediterranean

Ingredients :

1 1/2	kg	pumpkin peeled seeded and diced into 5cm cubes
150	gm	new potatoes peeled and cubed as above (preferably yellow Charlotte or Roseval)
3	tbl	olive oil
50	gm	butter
2	sm	red onions peeled and finely chopped
2	clv	garlic peeled and cut into slivers
4	lrg	sprigs fresh marjoram
12	x	dried chillies
		sea salt and freshly ground black pepper
1	lt	Chicken Stock (qv)
Crostini:		
		Parmesan freshly grated
		extra virgin olive oil
6	slc	ciabatta bread
2	clv	garlic peeled and halved

Method :

- Heat the oil and butter in a large heavy saucepan and gently fry the onion until soft.
- Stir in the garlic and marjoram leaves the pumpkin and potato and continue to cook for a minute.
- Season with the chilli salt and pepper.
- Add enough stock to just cover the pumpkin turn down the heat and simmer until the pumpkin is tender about 20-25 minutes.
- You may need to add more stock.
- Strain about a third of the stock from the pumpkin and set aside.
- Put the remainder in a food processor and pulse; the mixture should be very thick.
- Return this to the saucepan and add the stock you removed.
- Check for seasoning.
- This is a very thick soup.
- Serve with Parmesan new peppery olive oil and crostini made from toasted ciabatta rubbed with garlic and dipped into extra virgin olive oil.
- Variation
  Add 150g cooked cannellini beans (qv cannellini) when you add the pumpkin. Reserve some whole ones to add to the final puree.
- There are many varieties of pumpkin and squash. We use the ones that have a deep orange flesh and that are moist

when cut.

- Serves 6

Quaglie Al Forno



Yield > 4 Servings

Keys : Poultry Italian Italy European Mediterranean

Ingredients :

8	x	Quails, about 4 oz apiece
8	slc	Blanched bacon (or Italian-style pancetta)
3	tbl	Butter
3	x	Fresh or dried sage leaves
		Salt
		Freshly ground black pepper
1/3	cup	Dry white wine

Method :

- PREHEAT OVEN TO 400F. Rinse quails and pat them dry with paper towels. Lay a round of pancetta over breast and thighs of each bird and tie securely with string. Melt butter in an oven-proof casserole just large enough to hold quails. Add sage leaves and quails. Brown them over medium heat 3-to-4 minutes on each side. Sprinkle with salt and pepper, and pour on the wine.
- Set casserole in oven and bake 20-to-25 minutes, until tender, turning quails once after 10 minutes. Remove strings and serve in a heated dish.

Rabbit Alla Caciatora Barese



Yield > 4

Keys : Main Dish Rabbit Game Meats Italian Italy European Mediterranean

Ingredients :

1/2	cup	All-purpose flour
		Salt to taste
		Freshly-ground black pepper to taste
1	lrg	Rabbit dressed, eviscerated
4	tbl	Virgin olive oil
1	med	Spanish onion chopped 1/2" dice
2	piece	Whole hot Calabria peppers
1/2	lb	Crimini mushrooms halved
1/4	cup	Sundried tomatoes cut 1/8" julienne
2	tbl	Sugar
		Juice and zest of 1 orange
2	cup	Dry white wine
1	cup	Basic Tomato Sauce see * Note
2	tbl	Chopped fresh rosemary leaves

Method :

- Season flour with 1 teaspoon of salt and 1 teaspoon freshly ground pepper. Cut the rabbit into 8 pieces (2 front haunches, 2 rear haunches and 4 saddle pieces). Rinse and pat dry pieces, including liver, heart and kidneys. Dredge all pieces in flour and shake off excess.
- In a heavy-bottom Dutch oven or La Creuset, heat olive oil until smoking. Cook pieces of rabbit, 3 to 4 at a time, until dark golden-brown and remove to plate, about 20 minutes. When finished with rabbit, add onions, chilies, mushrooms, sundried tomatoes and sugar and cook until onions have softened, about 8 to 10 minutes. Add orange juice, white wine and Basic Tomato Sauce and bring to a boil. Add rabbit pieces and lower heat to a simmer and cook 45 to 50 minutes, until meat is tender and sauce has reduced by two-thirds. Check for seasoning, place on serving platter, sprinkle with orange zest and rosemary and serve.
- This recipe yields 4 servings.

Ratatouille of Vegetables with Croutons



Yield > 4

Keys : Appetizers Snacks Nibbles Vegetables Italian Italy European Mediterranean Room

Ingredients :

4	tbl	Extra-virgin olive oil
1	x	Red onion cut into 1/4" cubes
1	med	Carrot cut into 1/4" dice

Method :

- In a 14-inch deep saute pan, heat oil until smoking over high heat. Add red onion and carrot and cook until just softened but not brown, about 3 to 4 minutes. Add eggplant and cook 1 minute. Add red bell pepper, garlic and zucchini and cook 2 minutes. Add tomatoes and thyme and season lightly with salt and pepper. Cook 2 minutes and remove from heat. Vegetables should still have a light crunch. Allow to cool,

1	med	Eggplant cut into 1/4" dice
1	med	Red bell pepper cut into 1/4" dice
3	x	Garlic cloves thinly sliced
1	med	Yellow zucchini cut into 1/4" dice
1	med	Green zucchini cut into 1/4" dice
2	x	Roma tomatoes cut into 1/4" dice,
		juice and seeds reserved
1	sprg	Thyme
		Salt to taste
		Freshly-ground black pepper to taste
6	x	Basil leaves chiffonade
8	piece	Bread rubbed with garlic

stir in tomato juice and seeds and basil and serve at room temperature as a light snack with croutons.

- This recipe yields 4 servings.

Red Clam Sauce



Yield > 4

Keys : Seafood Fish Sauces Italian Italy European Mediterranean

Ingredients :

1	x	onion, md, chopped
1	x	clove garlic, minced
2	tbl	olive oil
13	oz	clams, minced, 2 cns
6	oz	tomato paste, 1 cn
1	cup	water
2	tbl	lemon juice
1	tbl	fresh parsley, chopped
1	tsp	sugar
1/4	tsp	rosemary
1/4	tsp	thyme, ground

Method :

- Sauteethe onion and garlic in the oil in medium skillet, add the clams and their juice, the tomato paste, water, lemon juice, parsley, sugar, rosemary and thyme.
- Simmer, uncovered, for 15 minutes. Serve over cooked linguine or other pasta
- (8 oz) with grated Parmesan Cheese, if desired.

Risotto Alla Milanesa



Yield > 4

Keys : Rice Side Dish Italian Italy European Mediterranean

Ingredients :

8	tbl	Butter divided
1/4	lb	Beef marrow chopped 1/4" cubes
1	med	Spanish onion chopped 1/4" dice
2	cup	Vialone Nano rice
6	cup	Strong chicken stock simmering
1/2	cup	Red wine
1/2	tsp	Saffron threads
1/3	cup	Freshly-grated Parmigiano

Method :

- In a 6-quart saucepan, melt 4 tablespoons butter with marrow and onion and cook over medium heat until onion is soft but not browned. Add all the rice and, stirring regularly, cook until opaque, about 2 to 3 minutes. Add a 6-ounce ladle of hot stock, 1/2 cup red wine and saffron and bring to a boil. Stirring constantly, cook until stock level goes below level of rice. Add another 6-ounce ladle and repeat the process for 16 minutes, until rice is al dente, yet creamy and tender. Remove from heat and add cheese and remaining butter. Season to taste and serve immediately.
- This recipe yields 4 servings.

Risotto Alla Milanese

Yield > 6)

Keys : Rice Italian Italy European Mediterranean

Ingredients :

1	lt	chicken stock (qv)
		sea salt
		freshly ground black pepper
150	gm	butter at room temperature
2	tbl	olive oil
1	med	red onion peeled and very finely chopped
300	gm	risotto rice
1	tsp	saffron threads soaked in a little stock
75	ml	extra dry white vermouth
175	gm	parmesan freshly grated

Method :

- Heat the chicken stock and check for seasoning.
- Melt 75g of the butter and all the oil in a large heavy bottomed saucepan and gently fry the onion until soft about 15-20 minutes.
- Add the rice and off the heat stir until the rice becomes totally coated; this takes only a minute. Return to the heat add 2 or so ladlefuls of hot stock or just enough to cover the rice and simmer stirring until the rice has absorbed nearly all the liquid.
- Add the saffron.
- Continue to add more stock as the previous addition is absorbed.
- Nearly all of the stock will have been absorbed by the rice; each grain will have a creamy coating but will remain al dente.
- Add the remaining butter in small pieces the vermouth and the Parmesan being careful not to overstir.
- Serve immediately.
- This risotto is the accompaniment for Ossobuco in Bianco (qv). Risotto alla Milanese calls for the addition of a generous amount of saffron and beef marrow. Just before the Ossobuco is served add a ladleful of its juices to the risotto.
- Serves 6

Roasted Peppers with Mozzarella and Carameliz

Yield > 6

Keys : Cheese Vegetables Italian Italy European Mediterranean Room

Ingredients :

4	med	yellow and red bell peppers
2	tbl	extra-virgin olive oil
18	x	garlic cloves, sliced
1/4	cup	plus 1-1/2 teaspoons
		balsamic vinegar
2	sprg	fresh thyme or
1/4	tsp	dried
6	oz	fresh mozzarella cheese
		sliced as thin as possible
1/4	cup	coarsely chopped flat-leaf
		parsley or fresh basil
		freshly ground black pepper

Method :

- 1. Roast the bell peppers directly over a gas flame or under the broiler as close to the heat as possible, turning, until charred all over, about 5 minutes.
- Enclose the peppers in a paper bag and set aside for 10 minutes to steam. With a small knife, scrape off the blackened skin; remove the cores, seeds and ribs.
- Rinse under running water. Slice the peppers lengthwise into 1-inch strips.
- (The recipe can be prepared to this point up to 3 days ahead; cover and refrigerate.)
- 2. In a small non-reactive skillet, combine the olive oil and garlic. Cover and cook over very low heat until the garlic is very tender, 7 to 10 minutes. Uncover the pan, increase the heat to moderate and cook until browned, about 2 minutes. Stir in the vinegar and thyme and cook for 1 minute.
- 3. To assemble, decoratively arrange the pepper strips and mozzarella slices on 6 small plates. Spoon the caramelized garlic dressing over the peppers and cheese and sprinkle the parsley and black pepper on top.

- Serve at room temperature.
- The salad can be assembled up to 2 hours before serving.

Salami Bolognese Style 

Yield > 1

Keys : Italian Italy European Mediterranean

Ingredients :

750	ml	stock
1	tsp	wine vinegar
1	tbl	white wine
		sugar
20	gm	gelatine
1	x	egg white lightly beaten
200	gm	curd cheese
1	tbl	soured cream
25	gm	grated Parmesan cheese
100	gm	mixed pickles finely chopped
12	lrg	slices salami
		about 4 tablespoons mayonnaise
2	tsp	chopped parsley
		sprigs parsley

Method :

- Season the cold stock to taste with vinegar wine and sugar.
- Melt the gelatine in a little of the stock over a pan of hot water.
- Add to the stock and stir well.
- To clear the jelly add the egg white.
- Bring the stock nearly to the boil skimming several times.
- Remove from the heat cover and leave for 15 to 20 minutes until the contents are perfectly clear.
- Strain through a piece of damp muslin.
- Strain again if the liquid is still not quite clear.
- Leave to cool in the refrigerator.
- As the jelly is beginning to set turn it into a large oiled dish.
- Return it to the refrigerator and leave it to finish setting.
- Cream the curd cheese with the soured cream.
- Mix in the grated cheese and chopped pickles.
- Spread this mixture on the slices of salami bring two sides of the salami together to enclose the stuffing and fasten with cocktail sticks.
- Dice the aspic jelly and arrange on a dish.
- Place the salami rolls on top of the aspic.
- Decorate the rolls with mayonnaise and sprinkle with chopped parsley.
- Garnish the dish with parsley sprigs.

Salsa Mac 'N Cheese (Velveeta) 

Yield > 6

Keys : Italian Italy European Mediterranean

Ingredients :

1	lb	ground beef
1	jar	chunky salsa, (16 oz.)
2	cup	water
1	pkt	elbow macaroni, (7 oz.)
3 / 4	lb	velveeta, (12 oz.) pasteurized process cheese spread, cut up
		Preparation Time: 5 minutes
		Cooking Time: 15 minutes

Method :

- 1. Brown meat in large skillet. Drain.
- 2. Add salsa and water. Bring to boil. Stir in macaroni. Reduce heat, cover.
- Simmer 8 to 10 minutes or until macaroni is tender.
- 3. Stir in VELVEETA until melted.
- Makes 6 servings.

Savory Meat Filled Manicotti

Yield > 8

Keys : Meats Pasta Low Calorie Fat Free Diet Italian Italy European Mediterranean

Ingredients :

14	piece	manicotti uncooked
1 / 2	tsp	olive oil
1	lb	skinless chicken breast ground
3 / 4	cup	onions chopped
1	cup	fat-free mozzarella cheese grated
4	x	egg whites slightly beaten
1 / 4	cup	bread crumbs from white bread
1 / 4	cup	fat-free parmesan cheese
3 / 4	tsp	oregano
1 / 2	tsp	salt
1 / 8	tsp	black pepper
1 3 / 4	cup	spaghetti sauce homemade
1	cup	fat-free mozzarella cheese grated

Method :

- Cook manicotti according to package directions; drain. Cool in single layer on foil. Preheat oven to 350. In a skillet, heat oil over medium heat. Add chicken and onions. Cook until chicken is no longer pink and onions are tender. Stir in 1 cup mozzarella cheese, egg whites, bread crumbs, parmesan cheese, oregano, salt, and black pepper. Fill each cooled pasta tube with about 1/4 cup meat filling. Spread thin layer of spaghetti sauce on bottom of 13 x 9" pan. Place filled pasta in prepared pan; cover with remaining sauce. Sprinkle with remaining mozzarella cheese. Bake, covered, for 45 minutes or until hot and bubbly.
- NOTES : Make Ahead Directions: Do not bake. Cover baking dish tightly with plastic wrap; then foil. Freeze up to 2 months. Remove foil and plastic wrap; replace foil. Bake at 350 degrees Fahrenheit 1 hour, 30 minutes or until hot and bubbly.
- To make individual portions, prepare as directed in recipe above except place two manicotti into each of seven small microwave-safe dishes. Do not bake. Cover tightly. Freeze up to 2 months. Microwave each dish, loosely covered, at MEDIUM (50%) 7 to 9 minutes or until hot, turning dish 1/2 turn halfway through cooking time. If thawed in refrigerator overnight, microwave at HIGH (100%) 2-1/2 minutes or until hot.

Shrimp Greek Style



Yield > 4

Keys : Seafood Italian Italy European Mediterranean Greek Greece

Ingredients :

2	tbl	olive oil
1	tsp	garlic, finely chopped
2	cup	tomatoes, peeled and seeded
1 / 2	can	white wine, dry
		salt and pepper
1 / 4	cup	basil, fresh, chopped
1	tsp	oregano, dried
1 1 / 2	lb	shrimp, fresh, deveined
1 / 8	tsp	red pepper flakes
1 / 2	lb	feta cheese, crumbled

Method :

- Heat 2 tablespoons of the oil in a skillet and add the garlic. Cook briefly, stirring, and add the tomatoes. Cook about 1 minute and add the wine, salt, and pepper. Add the basil and oregano. Cook over moderate heat about 10 minutes. Heat the remaining 3 tablespoons of oil in a large skillet and add the shrimp. Cook quickly, about 1 minute, just until shrimp turn red. Stir as they cook. Sprinkle with red pepper flakes. Preheat oven to 400F. Spoon the shrimp and any pan juices into a small baking dish. Sprinkle the shrimp with the crumbled feta cheese and spoon the tomato sauce over.

Spaghetti Sauce of Three Meats

Yield > 12

Keys : Pasta Sauces Italian Italy European Mediterranean

Ingredients :

1	lb	beef, cut up
1	x	juice of 1/2 lemon
3	x	bay leaves
4	x	garlic cloves, crushed
1	lb	chicken, cut up
1 1/2	lb	Italian meatballs
1	tbl	basil
16	oz	tomato paste
1	lb	pork, cut up
1	lb	spaghetti
1	cup	parsley, chopped
1	x	28 ounce can Italian tomatoes
1	x	onion

Method :

- 1. Brown the meat pieces in hot fat with the sliced onion and garlic.
- 2. Add the strained tomatoes and paste. Stir in the seasoning and simmer for 1 1/2 to 2 hours.
- 3. Add the lemon juice to taste.
- 4. Cook the spaghetti.
- 5. Heat the meat balls.
- 6. Slice the meat, which you have removed from the sauce and then combine sauce, meat and meat balls. Serve.
- 7. This recipe freezes well.

Tagliatelle Alla Romana



Yield > 4 Servings

Keys : Pasta Italian Italy European Mediterranean

Ingredients :

1/2	lb	Butter, softened
1	x	Egg yolk
1/4	cup	Heavy cream
1/2	cup	Freshly grated parmesan
		Cheese
1	tbl	Salt
1	lb	Fresh Tagliatelle
		Salt and pepper

Method :

- Beat butter until light & fluffy.
- Slowly add the egg yolk & cream, beating constantly.
- Add grated cheese, a few tablespoons at a time, beating after each addition.
- In a large pan, bring approximately 8 quarts of water to boil; add salt & very gently drop in the Tagliatelle.
- Stir with a wooden spoon for a few moments to separate the noodles, & cook for about 7 minutes, or until tender. The pasta should be al dente.
- Drain the Tagliatelle into a colander and place in a large heated serving bowl.
- Add the creamed butter & cheese immediately; toss very gently & season generously with salt & pepper.

Terrance Brennan's Ricotta and Swiss Chard Gnocchi

Yield > 8

Keys : Cheese Pasta Italian Italy European Mediterranean Swiss Switzerland

Ingredients :

3 / 4	lb	yukon gold or idaho, potatoes, peeled, qu
		cooked
2 3 / 4	cup	all-purpose flour
1	x	egg yolk
1 1 / 4	cup	ricotta
3 / 4	cup	ricotta salads, (aged, ricotta), grated
3	cup	lightly packed fresh swiss, chard, cooked and ch
1 / 4	cup	grated parmigiano reggiano
1 / 2	tsp	nutmeg
2 1 / 2	tbl	sea salt
1 / 2	tsp	cayenne pepper
1 1 / 2	cup	chicken stock
5	tbl	roasted garlic puree
1 / 2	cup	virgin olive oil
		salt to taste
		pepper to taste
4	oz	prociutto, cut julienne
1 / 2	cup	grated parmegiano reggiano

Method :

- Pass the hot potatoes through a food mill and cool. Lightly knead in the flour. Add the egg yolk, ricotta and ricotta salads and knead lightly. Add the chard, cheese, nutmeg, salt and pepper, mix well and knead until smooth. Do not over-knead. Roll out the dough on a lightly floured surface into 1/2" ropes and cut into 3/4" lengths. Chill for at least 45 minutes.
- Bring 3 quarts of salted water to the boil and add the gnocchi in three batches. Cook until they rise to the top and remove with a slotted spoon.
- Warm the chicken broth and whisk in the garlic puree, olive oil, salt and pepper. Divide the gnocchi into 8 dishes, ladle with the broth and garnish with prociutto and cheese.
- Note: To roast garlic, remove the papery skin from the whole head and slice off 1/4" across the top. Place garlic in a small baking dish and drizzle with olive oil. Cover with foil and cook for 30 minutes at 350F. Remove foil and cook 20 minutes longer, or until soft.

Ticino Veal Escalopes

Yield > 1

Keys : Meats Italian Italy European Mediterranean

Ingredients :

4	x	veal escalopes (150g each)
		juice 1 lemon
75	gm	butter

Method :

- Trickle lemon juice over the veal and leave to stand for 15 minutes.
- Melt half the butter in a saucepan fry the onion and garlic until soft.
- Add the tomatoes and fry for another 5 minutes stirring.

1	x	onion grated
1	clv	garlic finely chopped
350	gm	tomatoes skinned de seeded and chopped
1	tbl	chopped parsley
1	tsp	dried basil
1/2	tsp	dried marjoram
50	gm	grated Parmesan cheese
1	x	salt pepper
2	sm	pickled cucumbers finely

- Add the parsley basil and marjoram.
- Sprinkle with cheese and season with salt and pepper cover and cook gently for another 5 minutes over a low heat.
- Melt the remaining butter in a frying pan.
- Season the veal escalopes lightly with pepper and fry for about 4 minutes on each side.
- Take out of the pan season lightly on both sides with salt and arrange on a hot dish.
- Pour the juices from the frying pan and the tomato sauce over the veal.
- Arrange the pickled cucumbers in a broad strip over the centre of the escalopes.

Tira-Mi-Su - 2



Yield > 12

Keys : Italian Italy European Mediterranean

Ingredients :

2	cup	mascarpone cheese
3	cup	heavy cream
1/4	cup	powdered sugar
1/2	tsp	vanilla
3	tbl	coffee liqueur
1	tsp	instant coffee
1	whl	sponge cake
1/4	cup	cocoa powder

Method :

- Combine mascarpone cheese, cream, sugar, vanilla, coffee liqueur, and instant coffee in a mixing bowl and whip until stiff.
- Split sponge cake in thirds. Spread 1/2 of cream mixture on bottom layer.
- Place middle layer on it, spread with remaining cream. Replace top layer.
- Refrigerate for 1 hour. Just before serving, dust top of cake with cocoa powder.

Tony Bennett's Scaloppine Marsala

Yield > 4

Keys : Alcoholic Italian Italy European Mediterranean

Ingredients :

1/2	cup	flour
1	tsp	salt

Method :

- Combine flour, salt, ground pepper, grated lemon rind in a mixing bowl.
- Meanwhile pound flat thinly sliced veal and cut into 2 1/2 inch pieces. Coat with flour and lemon rind mixture.

		fresh ground black pepper to, taste
1	tsp	lemon rind, grated
1	lb	veal, thinly sliced, cut
		into 2 1/2 inch pieces
1/4	lb	butter or margarine
4	tbl	marsala wine
4	tbl	chicken broth

- Melt butter or margarine in a skillet over low heat and brown the veal about 2 1/2 to 3 minutes on each side.
- Meanwhile, heat Marsala wine and chicken broth in a saucepan over low heat.
- When veal is browned, spoon the Marsala-chicken broth mixture over veal.

Ucla Scappati

Yield > 4

Keys : Main Dish Veal Meats Italian Italy European Mediterranean Hot

Ingredients :

8	piece	Veal leg - (abt 1-1/2 lbs) sliced thin by your
		butcher
1/4	lb	Prosciutto thinly sliced to
		yield 8 pieces
16	x	Sage leaves
1/2	cup	Finely-chopped Italian parsley
16	x	One-inch cubes Pancetta - (abt 1 lb)
6	tbl	Unsalted butter
		Lemon Wedges
1	x	recipe Polenta Taragna see * Note

Method :

- Pound veal pieces to 1/4-inch thickness and lay out on work surface. Place one prosciutto slice over each. Place 2 sage leaves on each and divide parsley among all 8 pieces. Roll each piece up and make two rows of 4 horizontally. Use 4 skewers to make a tress with each skewer piercing 4 rolls. Place 1 cube of Pancetta at the end of each skewer and push so that the meat is pushed tightly together from both ends.
- In a 10- to 12-inch saute pan, heat butter over medium heat until foam subsides. Saute skewer sets 10 minutes, turning several times. Remove, cut along parallel lines with skewers and serve hot with lemon wedges and Polenta Taragna.
- This recipe yields 4 servings.

Upside Down Orange Tart



Yield > 4

Keys : Cakes Desserts Citrus Italian Italy European Mediterranean

Ingredients :

3 1/2	cup	Flour plus extra
		for dusting pan
3	x	Eggs
3 1/2	cup	Sugar divided
1/2	cup	Extra-virgin olive oil
1	cup	Milk
1	tbl	Active dry yeast
		Zest and juice of 6 large oranges
		Segments of 4 oranges

Method :

- Preheat oven to 425 degrees. Oil and dust with flour an 8-inch cake pan.
- In a mixer, beat eggs and 1 1/2 cups sugar until light yellow, about 6 to 7 minutes. Add oil and milk and blend well. Add yeast and mix 20 seconds. Add flour, 1 cup at a time until all is incorporated. Pour into prepared cake pan and place in oven. Cook until golden brown and a toothpick exits dry from the center of the cake, about 35 to 45 minutes.
- Meanwhile, place remaining 2 cups of sugar, zest and orange juice into a small saucepan. Bring to boil and reduce by half, to yield about 2 cups. Strain out half of reduced juice, leaving zest and remaining cup behind.
- Unmold cake and paint with 1 cup reduced juice all over. Arrange segments over tart in concentric circles. Spoon remaining syrup and zest over cake, cut into wedges and serve.
- This recipe yields 4 dessert servings.

Veal and Pork Escalopes in Marsala Sauce

Yield > 1

Keys : Meats Alcoholic Italian Italy European Mediterranean

Ingredients :

4	x	veal escalopes (100g each)
4	x	pork escalopes (100g each)
1	x	salt pepper curry powder
		flour for coating
80	ml	olive oil
5	tbl	Marsala
300	x	stock
		juice 1/2 lemon
1	x	canned pineapple ring cut into eighths
4	x	cocktail cherries
		sprigs parsley

Method :

- Season the escalopes with salt pepper and curry powder and toss them in flour.
- Heat half the oil in a pan and fry the pork until golden brown about 5 minutes each side.
- Take out and keep hot.
- Heat the remaining oil in the pan fry the veal about 4 minutes each side.
- Take out and keep hot.
- Add the Marsala to the pan and scrape up the pan juices.
- Simmer for 5 minutes to reduce.
- Add the stock and lemon juice and bring to the boil.
- Adjust seasoning to taste.
- Arrange the meats on a hot dish pour over a little of the sauce and garnish with pieces of pineapple cherries and parsley.
- Hand the rest of the sauce separately.

Veal Cutlets Parmesan



Yield > 6 Servings

Keys : Meats Cheese Italian Italy European Mediterranean

Ingredients :

1	lb	Veal cutlet
1/4	cup	Bread crumbs
2	tbl	Water
1/2	x	Beaten egg
2	tbl	Water
1/4	cup	Oil
3	tbl	Grated Parmesan salt and pepper
1/2	x	Mozzarella cheese sliced thin
Sauce:		

Method :

- Hint: Veal is very expensive. Instead, take partially frozen turkey breast and slice to 1/4 inch slices. As long as the turkey is coated on all sides with sauce, you won't be able to tell it from veal!
- Cut veal into serving sized pieces. Mix Parmesan cheese and bread crumbs.
- Mix beaten egg with water. Dip meat into egg, then into bread crumb mixture Cook meat in hot oil until golden brown on both sides. coat cutlets with sauce on both sides and in pan. Lay thin slices of Parmesan on top and pour the rest of the sauce evenly over top. Bake at 325 for 25 minutes.
- Sauce Cook the sliced onion and garlic in oil for 5 minutes. Add tomatoes, and basil. Simmer for 15 minutes. Add salt and a dash of pepper to taste, sugar; Stir.

4	tbl	Oil
1	x	Clove garlic, minced
1 / 2	tsp	Sugar
1	tsp	Sweet basil
		Salt and pepper

Veal Scaloppine with Chianti



Yield > 4

Keys : Meats Alcoholic Italian Italy European Mediterranean Italian

Ingredients :

2	lb	veal cutlets
		all-purpose flour
2	tbl	olive oil
2	tbl	salt pork, diced
1 / 2	cup	sweet butter
1 / 4	lb	onions, peeled and diced
1 / 3	tsp	salt
1 / 3	tsp	freshly ground pepper
1 / 4	cup	chianti
1 / 2	lb	fresh mushrooms
2	med	green peppers
2	lrg	tomatoes, sliced thinly
1	lrg	garlic clove, mashed
8	x	parsley sprigs, leaves only

Method :

- Pound the cutlets thin and sprinkle them with flour on both sides, shaking off any excess. Place olive oil, salt pork and butter in a skillet; heat. Add onions and sauteeuntil medium brown. Add the veal and brown slowly for 3 minutes. Turn over, and cook for 2 minutes longer. Add salt, pepper and wine, cover, and simmer for 5 minutes.
- Separate stems and caps of mushrooms. Chop the stems fine and cut the caps into thin slices. Discard cores and seeds from peppers and cut them into very thin slices. Add mushrooms, green peppers and tomatoes to the veal, cover, and cook for 5 minutes. Chop garlic and parsley together and stir the mixture into the sauce.
- Simmer, uncovered, for 10 minutes, or until done. Taste for salt. Drink Chianti with this.

Warm Monkfish Paillard with Beer-Glazed Endive and Basil Oil

Yield > 4

Keys : Appetizers Fish Ocean Seafood Herbs Italian Italy European Mediterranean

Ingredients :

8	oz	Monkfish bones, skin removed
2	tbl	Extra-virgin olive oil
2	tbl	Virgin olive oil plus
1/2	cup	Virgin olive oil
4	lrg	Belgian endive - (abt 3/4 lb) halved lengthwise
1	cup	Pilsner beer
3	tbl	Sugar
1	cup	Basil leaves - (loosely packed)
		Salt to taste
		Freshly-ground black pepper to taste
		Zest of 1 lemon in long pieces

Method :

- Preheat oven to 400 degrees. Bring 6 cups water to boil.
- Slice three 3/4-inch pieces of monkfish and place all three between oiled pieces of aluminum foil. Lightly pound with flat side of side of cleaver or large knife until about 1/32-inch thick and three pieces have more or less joined together. Flip "paillard" out onto center of cool plate and set aside. Continue process with remainder of fish to yield four plates with 6-inch rounds of thin fish in the center.
- In a 12-inch skillet, heat 2 tablespoons virgin olive oil over medium heat. Cook eight pieces of endive cut-side down until golden brown (about 5 to 7 minutes). Add beer and sprinkle with sugar and bake 10 minutes in 400 degree oven. Remove from oven and allow to cool in liquid about 10 minutes.
- Make ice bath with one cup ice cubes and two cups water. Plunge basil leaves in boiling water and cook 20 seconds. Remove from boiling water, drain and plunge into ice bath. When cool, drain basil leaves and press out excess water. Blend basil leaves and 1/2 cup virgin olive oil until smooth and bright green. Set aside.
- Remove cooked endive from liquid and drain. Place four plates with paillards in 400 degree oven for 30 seconds to one minute or until fish has just whitened but has not yet begun to shrivel at the edges. Remove from oven and place 2 pieces of endive in center of plate on top of fish. Drizzle with 2 tablespoons basil oil, season with salt and pepper, sprinkle with lemon zest and serve.
- This recipe yields 4 antipasto servings.

West Coast Cioppino



Yield > 6 servings

Keys : Main Dish, Soups, Shellfish, Fish, Italian Italian Italy European Mediterranean

Ingredients :

1	lrg	Onion, chopped
1	x	Green bell pepper, chopped

Method :

- Saute first 3 ingredients in hot oil in Dutch oven or large saucepan until soft. Stir in next 5 ingredients; cover and simmer 20 minutes.
- Add white fish, shrimp and scallops; cook until fish and

2	clv	garlic, minced
2	tbl	Vegetable oil
1 1/2	lb	Tomatoes, chopped
1/2	cup	Dry white wine [dealcoholized is okay]
1/2	cup	Bottled clam juice
1 1/2	tsp	Dried Italian herbs, crushed
1	x	Bay leaf
1/2	lb	Firm white fish fillets cut into 1-inch chunks
1/2	lb	Medium-size shrimp peeled and deveined
1/4	lb	Bay scallops
1	x	Dungeness crab (optional) cooked, cleaned & cracked
3	tbl	Kikkoman Lite Soy Sauce [or other good soy, I prefer
		Pearl River Bridge, the thinner version (the one without
		the misspelling of "epais" on the label:)]

scallops are opaque and shrimp are pink, about 2 minutes. Add crab; cook 1 to 2 minutes, or until heated through. Stir in soy sauce and parsley. Serve immediately.

- Keywords: Main dish, Soups, Shellfish, Fish, Italian

Yellow and Red Bell Peppers Filled with Tuna and Capers

Yield > 16

Keys : Fish Seafood Appetizers Italian Italy European Mediterranean

Ingredients :

10	x	yellow bell peppers, cut
		lengthwise into thirds
10	x	red bell peppers, cut
		lengthwise into thirds
1	cup	plus
2	tbl	olive oil
5	tbl	fresh lemon juice
5	x	garlic cloves, pressed
		salt and freshly
		ground pepper

Method :

- Arrange pepper skin side up in broiler pan (in batches if necessary) and broil until blackened. Wrap in paper bag and let stand 10 minutes to steam. Peel and pat dry. Mix olive oil, lemon juice and garlic in large bowl. Season with salt and pepper. Add peppers and marinate at least 30 minutes. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before continuing.) Drain peppers, reserving marinade. Combine tuna, chopped parsley and capers in another bowl, breaking up tuna with a fork.
- Mix in enough reserved marinade to season to taste.
- Season with salt and pepper. Place 1 tablespoon tuna mixture on inside of each piece of pepper at one end. Roll up. Arrange seam side down on serving platter.
- Pour remaining marinade over rolls. (Can be prepared 6 hours ahead. Cover and refrigerate.) Garnish with parsley sprigs and olives before serving.

3	can	albacore tuna packed in
		water, drained
1 / 2	cup	chopped fresh parsley
5	tbl	drained capers
		fresh parsley sprigs
		imported black olives
		(such as kalamata or nicoise)

Yummy Sloth House Ramen with Pesto or Other Italian Stuff

Yield > 1

Keys : Instant Noodles Maggi Student Budget Easy Pasta Italian Italy European Mediterranean

Ingredients :

Text only:

Method :

- Start boiling ramen. Do not add seasoning. Cut up onion, garlic, tomato,and herbs if fresh. Grate the cheese. Lightly saute onion, garlic, and tomato mix in Drain water from cooked ramen. Mix in cooked stuff and cheese also add a little more packaged pesto if you have it. Eat; leave the dishes for later.

Yuvetsi Kritharaki Me Kima Kypriotiko

Yield > 4 Servings

Keys : Main Dish Pasta Ethnic Italian Italy European Mediterranean Hot

Ingredients :

2	tbl	Vegetable oil or margarine
1	lb	Lean meat, ground
1	x	Onion, minced or grated
		Salt & freshly ground pepper
3	whl	cloves
1	x	Cinnamon stick
2	tbl	Tomato paste
1	cup	-Hot water
1	qt	Stock (same flavor as meat)

Method :

- Heat the oil and mash the meat into it with a fork, then cook over moderate heat, stirring constantly until the raw color disappears.
- Add the onion, salt, and pepper to taste, spices, and tomato paste diluted with hot water. Cover and simmer for 20 minutes, then remove the spices. Add the hot stock and kritharaki and transfer to a buttered "yuvetsi" or baking casserole. Taste and adjust seasonings.
- Bake in a moderately hot oven for 40 minutes, or until the pasta is tender and all liquid has been absorbed, stirring once. Remove from the oven. Drape with a dry kitchen towel to absorb moisture. Serve hot, garnished with parsley or watercress.

1 1/4	cup	Kritharaki or orzo
		Parsley or watercress

Zabaglione



Yield > 6 Servings

Keys : Desserts Italian Italy European Mediterranean

Ingredients :

9	x	Egg yolks
1	cup	Sweet Marsala wine
1/2	cup	Dry white wine
1/2	tbl	Sugar
1 1/2	cup	Heavy whipping cream
1	pt	Strawberries, blueberries or raspberries

Method :

- 1. Put first four ingredients in a double boiler over gentle simmering water and whisk for 5 minutes, or until the sauce is frothy and thick enough to leave a ribbon trail. Let cool slightly.
- 2. Whip the heavy cream in a copper bowl or electric mixer to stiff peaks.
- 3. Working over a bowl of ice, fold the whipped cream into the egg mixture and gently spoon it into serving dishes. Garnish with fresh berries. Do not overcook the sauce or it will curdle. Refrigerate it until ready to serve.
- This frothy Italian egg desert has a curious history. It is named for Marechal Balione, who defended Florence against the Castracani in the 15th century. Reduced to eggs and brandy (the enemy having captured the provision wagon) the Marshal's chef invented a dessert, which he called zuppa baglioni-Baglioni's soup.
- IL TULIPANO
- WINE: ASTI SPUMANTE

Zesty Italian Chicken Parmigiana



Yield > 5 servings

Keys : Main Poultry Italian Italy European Mediterranean Hot

Ingredients :

3	whl	Chicken breasts (1 lb each)
1/2	cup	Fine seasoned dry bread crumbs
1/2	cup	Parmesan cheese, grated
1	lrg	Egg
1/3	cup	Olive oil
1	jar	(16 oz) Spaghetti sauce
1	clv	garlic, crushed
1	tsp	Oregano leaves, dried, crushed
1	pkt	(8 oz) Mozzarella cheese, cut in 6 slices
3	cup	Hot cooked pata, such as ziti or penne
2	tbl	Parsley, minced

Method :

- Preheat oven to 350 . remove and discard skin from each chicken breast; cut each breast in half. In a shallow bowl, combine bread crumbs and 1/4 cup of the Parmesan cheese. Place egg in another shallow bowl and beat thoroughly. Dip a chicken piece into beaten egg, letting excess dripoff, then dip chicken into bread crumb mixture, turning it to coat thoroughly. Shake chicken to remove excess crumbs. Repeat until all chicken pieces are coated.
- In a large skillet, heat 1/4 cup of the olive oil over medium-high heat until hot. Add half of the chicken pieces; saute 5 minutes on each side, turning once, until golden brown. Remove to plate. Repeat with remaining chicken, adding oil to skillet as necessary.
- In a small bowl, combine spaghetti sauce, garlic and oregano; mix thoroughly. Pour into a 13" x 9" x 1 3/4" baking dish. Arrange chicken pieces bone side down over sauce mixture. Cover loosely with a sheet of aluminum foil. Bake 40 minutes.
- Remove foil brom baking dish. Top each piece of chicken with one slice of mozzarella cheese. Sprinkle with remaining 1/4 cup Parmesan cheese. Return dish to oven and bake 10 minutes longer or until mozzarella is lightly browned and sauce is bubbly.
- To serve: Toss hot cooked pasta with 1 tablespoon olive oil and the minced parsley. Transfer pasta to the center of a serving platter; arrange Chicken Parmigiana around the pasta and serve immediately.
- Makes 5 servings.

Ziti with Broccoli



Yield > 4

Keys : Italian Italy European Mediterranean Italian

Ingredients :

1 / 4	cup	olive oil
1 1 / 4	lb	broccoli, fresh (to 1 1/2)
2	tbl	butter
8	x	parsley sprigs, leaves only
1 / 4	cup	parmesan cheese, grate fresh
2	lrg	garlic cloves, mashed
1 / 2	tsp	black pepper, fresh ground
3 / 4	lb	ziti

Method :

- Cut stems off broccoli and wash thoroughly. Chop parsley and garlic together.
- Steam broccoli in a little water in a covered saucepan for about 25 minutes.
- In another pot cook the ziti in boiling salted water for about 20 minutes.
- Combine olive oil, butter, parsley, and garlic. Stir to get flavor of garlic.
- Warm this sauce for 2 minutes, but do not cook or burn.
- Drain broccoli and ziti as soon as cooked. Place both in the hot pot the ziti was cooked in and pour the sauce mixture over both. Sprinkle on the cheese and black pepper, stir, and serve immediately. Have a loaf of good Italian Bread and a bottle of Barolo. Instead of dessert, try a mixed rugola and dandelion salad with Italian Salad Dressing and a soft Brie and Bel Paese cheese.

Zucca Brusca

Yield > 1 Servings

Keys : Pasta Vegetables Sauces Italian Italy European Mediterranean

Ingredients :

7	whl	zucchini, sliced lengthwise
2	x	Cloves garlic, chopped
1 / 2	cup	Lemon juice
3	tbl	Worcestershire sauce
1 / 2	cup	Beef broth
		Salt and pepper, to taste
		Vegetable oil, for frying

Method :

- Fry zucchini slices in deep oil until brown. Drain and add other ingredients. Bring sauce to a boil and simmer for 5 minutes. Serve on top of Pasta.
- NOTES : Best eaten cold

Zucchini Al Mais

Yield > 6

Keys : Italian Italy European Mediterranean

Ingredients :

6	sm	zucchini
		ground red pepper
1	can	whole kernal corn, (12oz)
2 / 3	cup	parmesan cheese, grated
		drained
		salt
2	x	eggs, separated

Method :

- Cook the whole zucchinis in boiling water for about 6 minutes; drain. Cut in half lengthways and scoop out some the seeds and flesh inside, leaving a 1/4" thick shell. Chop the flesh and drain off any liquid. Mix with the corn, egg yolks, ground red pepper, three-quarters of the cheese and salt.
- Beat the egg whites until stiff, then carefully fold into the corn mixture.
- Place the zucchini shells in an ovenproof dish, spoon in the filling and sprinkle with the remaining cheese. Cook in a 350F oven for 25 to 30 minutes, until risen.
- Serve immediately.

Zwetschgenkuchen (Alsatian Italian Plum Torte)

Yield > 6 servings

Keys : German Germany European Italian Italy Mediterranean

Ingredients :

1	cup	unbleached all-purpose flour
		dash of salt
1 / 4	cup	sugar
1 / 2	cup	(1 stick) unsalted butter or parve margarine
1	lrg	egg yolk
2	tsp	dried breadcrumbs

Method :

- This torte is served traditionally at the high holidays in early fall, when small blue Italian plums are in season. In southern Germany and Alsace the pie was made from zwetsche, a local variety of these plums. My aunt Lisl always used to make a murbeteig crust (a short-crust butter cookie dought) for this tart, and sliced each Italian plum into four crescent shapes. She lined the tart with breadcrumbs and then apricot preserves, which protected the dough during baking, leading to a crispy crust. She went light on the cinnamon, a spice she felt was overused in this country. (I agree with her.) My aunt's results, simple to prepare, were simply delicious.
- To make the crust using a food processor, fitted with a metal blade, pulse the flour, salt, and 1 tablespoon of the

1 / 3	**cup**	apricot preserves
1	**tbl**	brandy
2	**lb**	Italian plums
1 / 2	**tsp**	cinnamon
		Confectioners' sugar

sugar together. Cut the butter or margarine into small pieces, add to the bowl, and process until crumbly. Add the egg yolk and process until a ball is formed, adding more flour if necessary.

- To make the dough by hand, use your fingers or a pastry blender to work the butter or margarine into the flour, salt, and 1 tablespoon sugar until the mixture resembles coarse breadcrumbs. Add the egg yolk and work the dough into a ball.
- Remove the dough from the bowl, dust with flour, and pat into a flattened circle. Cover with plastic wrap and refrigerate for at least a half hour. When you are ready to make the crust, dust your hands and the dough with flour. Place the dough in the center of a 9 inch pie plate and with your fingers gently pat in out to cover the bottom and go up the sides.
- Preheat the oven to 400 F.
- Prick the crust with the tines of a fork in several places and prebake the crust on the middle rack for 10 minutes. Remove the crust from the oven and let it cool slightly. Turn the oven down to 350 F.
- Pit and cut the plums into fourths. Sprinkle the breadcrumbs on the dough, then spoon the apricot preserves on top and drizzle with the brandy. Place the plum quarters on the crust in a circle so that each overlaps the next and they eventually form a spiral into the center. Sprinkle with cinnamon and the remaining sugar. (At this point, if you wish, you can wrap and freeze the tart, to bake it later. Just remove the pie from the freezer one hour before baking.)
- Place the tart in the oven and bake about 30 to 40 minutes or until the crust is golden brown and the plums are juicy. Remove from the oven. Just before serving, sprinkle with confectioners' sugar.
- Makes 6 servings.